

COOKING
WITH  LOVE



...FROM ONE FRIEND TO ANOTHER

Recipes

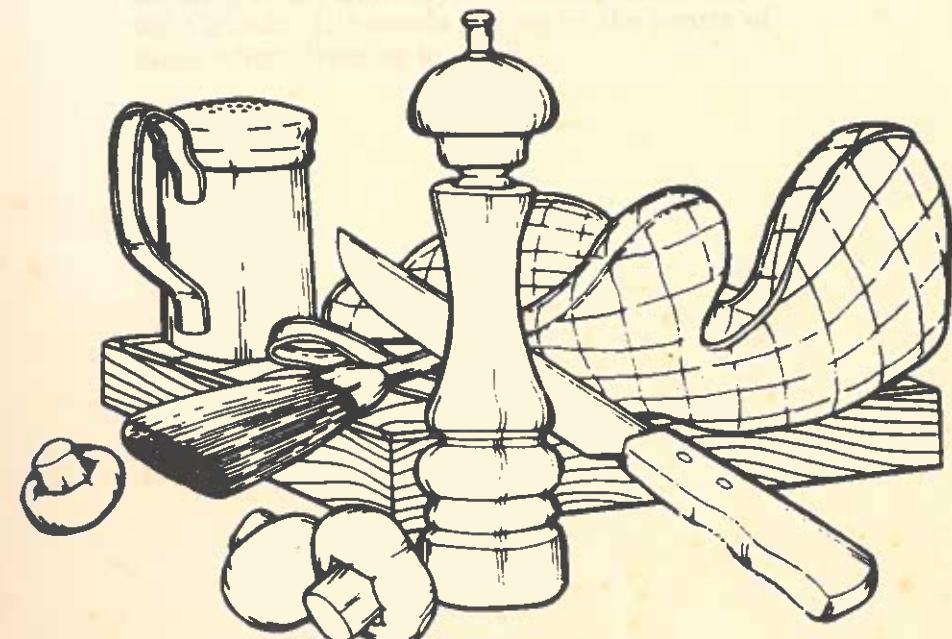
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Yellow Branch

Joe Hensley's
Baptist Church
Memorial Cookbook
1996



Joe Hensley
1931 - 1996
In Memory of a Beloved Brother
and Friend

1996



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This cookbook is dedicated in memory of Joe Hensley for the many years of selfless service that he gave to this body of believers.

We count it an honor and blessing from God to have known him, and to have shared in the building of the ministry of Yellow Branch Baptist Church. His words live on in the hearts of those whose lives he touched.

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A special thank you goes to a local artist Peg Breiholz
for designing the cover for our cookbook.

APPETIZERS

CHIVES



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PERFECT PARTY PLEASERS

Cheese and fruit tasting is an easy, conversation-making way to entertain friends before dinner. Seasonal varieties of fruit include peaches, nectarines, sweet cherries, figs, grapes, apricots, pineapple, strawberries, plums and melons. Or try fruits such as papaya and mangoes. Dried fruits such as prunes and raisins also team nicely with cheese and fresh fruits.

Some cheese and fruit combinations: Cheddar, Provolone and Camembert with pineapple, grapes, pears and walnuts. Brie, Monterey Jack and Feta with tangerines, strawberries and dried prunes. Colby, Gjetost, Emmenthaler and Roquefort with apricots, pineapple and plums.

Remember, if cooking the cheese for your appetizers, that excessive heat and prolonged cooking turns it stringy and leathery. When making a sauce, stir in the cheese toward the end of cooking time just until totally melted.

To keep egg yolks from crumbling when slicing hard cooked eggs, wet the knife before each cut.

The pointed end of a beer can opener is an excellent tool for deveining shrimp.

Out of ginger ale? Mix equal parts of Coke and 7-Up.

Use styrofoam egg cartons as trays when you need extra ice cubes for parties.

If the carbonation fizzes out of your champagne, add one raisin to the bottle. The raisin won't affect the taste but its raw sugar will start the bubbling up again.

Christmas Starter, dinner or breakfast: Serve Cranberry Juice topped with lime sherbet.

You can use frozen dough to make flaky crusts for appetizers. Thaw, cut into desired shapes, put in filling, brush with butter, bake 10-15 minutes at 375 degrees. Fillings can be choppedup chicken, roast beef or any cooked seafood; or any cooked vegetables as mushrooms, broccoli, cauliflower.

Place bay leaves (which are never to be eaten) in a tea ball for easy removal from sauces (or stews).

For instant white sauce: blend together 1 c. soft butter and 1 c. flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce: drop 1 cube into 1 c. of milk and heat slowly, stirring as it thickens.

Store carton of cottage cheese upside down. It will keep twice as long.

Try a new spice for your appetizers in place of salt. Blend together 2½ tsp. each of paprika, dry mustard, garlic powder, 5 tsp. onion powder, ½ tsp. ground black pepper and ¼ tsp. celery seed. Put all in a shaker and pass up the salt.



VEGETABLE DIP

1 c. mayonnaise
1 sm. pkg. cream cheese

1 c. sour cream
1 pkg. Good Seasons cheese and garlic dry dressing mix

Mix above ingredients and chill.

Irene Flynn

MAGIC MEATBALLS

1 c. chili sauce or ketchup
1 lb. ground beef
1 pkg. onion soup mix

1/2 c. cooked rice
1/2 c. grape jelly
1 tbsp. lemon juice

Shape into 1-inch balls. Brown in skillet; drain. Layer in baking dish. Combine 1 cup chili sauce, 1/2 cup grape jelly, and 1 tablespoon lemon juice; heat until jelly melts.

Pour over meatballs. Cover and heat at 375 degrees for 30 minutes. Serve with toothpicks.

Allstate Insurance (Girls in Office)

BEEF CHEESE BALL

1 (8 oz.) pkg. cream cheese, softened
1 jar chipped beef or regular size pkg. (chopped very fine)
1 sm. onion, minced

3 squirts Worcestershire sauce
2 tbsp. mayonnaise
1/4 tsp. horseradish

Mix together by hand. Let stand overnight in refrigerator. Make into ball and roll in finely chopped pecans.

Jean M. Anneski

DRIED BEEF CHEESE BALL

2 pkg. cream cheese (softened)
1 sm. jar dried beef, chopped fine
1 tsp. Worcestershire sauce

1 tbsp. mayonnaise
1 tsp. minced onion

Mix all ingredients until smooth. Shape into a ball and serve with crackers. Tastes better if made 1 to 2 days before serving.

Bonnie Bryant

MEXICAN DINNER DIP

2 cans refried beans	1 sm. bottle Ortega taco sauce
1 lb. hamburger	1-1 1/2 c. Monterey Jack
Several spring onions (chopped)	cheese, shredded
1 can green chiles (chopped)	1-1 1/2 c. sharp Cheddar
	cheese, shredded

Layer in 9x13 baking dish. Cook until bubbly at 350 degrees. Serve with scoops of sour cream. Serve with tortilla chips. Serves 4-6.

Jackie Holt

HOT ARTICHOKE DIP

1 (8 1/2 oz.) can artichoke hearts, drained	1 c. grated Parmesan cheese
	Dash of garlic powder (to taste)
1 c. real mayonnaise (no substitutions)	

Cut artichoke hearts into bite-size pieces. Mix with mayonnaise, cheese and garlic. Spread into a quiche dish or shallow casserole dish.

Bake in conventional oven only until heated through - about 10 or 15 minutes at 350 degrees. Fast cooking or overbaking will cause dip to separate. Serve hot with crackers.

Mildred Loudy

FRESH VEGETABLE DIP

1 pt. mayonnaise	1 sm. onion, chopped
1 pt. sour cream	3 tbsp. dill weed
1 tbsp. parsley	1 1/2 tbsp. salt

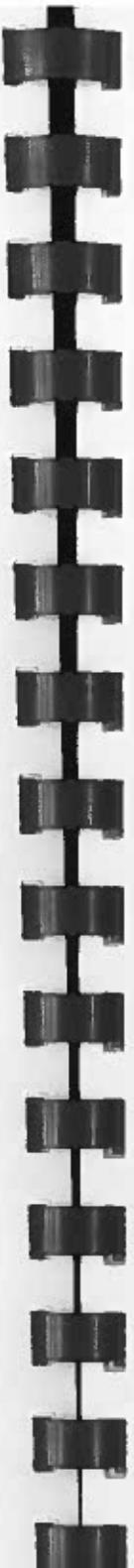
Mix well and refrigerate.

Allstate Insurance (Girls in Office)

VEGGIE BARS

2 tubes crescent rolls	Chopped broccoli
12 oz. cream cheese	Chopped cauliflower
1 c. Miracle Whip	Chopped tomatoes
1 pkg. dry Original Hidden Valley Ranch Dressing	Cheddar cheese, shredded
3/4 to 1 c. of the following vegetables:	

*Can add other vegetables or substitute your favorite.



Spread crescent rolls on the bottom of cookie sheet. Bake at 350 degrees for 8-10 minutes and cool. Mix softened cream cheese, Miracle Whip and dressing; spread over rolls evenly. Mix vegetables and sprinkle over top. Best if refrigerated overnight. Cut in 2 1/2-inch squares.

Susan Wood

SAUSAGE BALLS

1 1/2 c. Bisquick	4 oz. Cheez Whiz
1/2 lb. hot sausage, cooked, drained	(Water if needed if dough is too dry)

Mix well all ingredients. Make into small balls and bake at 350 degrees until golden brown.

Brenda Stading

ARTICHOKE HEART DIP

2 c. mayonnaise	1 (14 oz.) can artichoke hearts, drained, sliced vertically
1 c. Parmesan cheese	

Mix all ingredients; put in casserole. Bake 30 minutes at 350 degrees.

Jennifer Merzdorf

TACO DIP

1 lg. container sour cream	1 pkg. dry taco sauce
1 (8 oz.) pkg. cream cheese	

Mix above ingredients and refrigerate overnight. Top with shredded Cheddar cheese and cut up tomatoes. Serve with chips.

Irene Flynn

HOT VIRGINIA DIP

16 oz. cream cheese	1 c. sour cream
4 tbsp. milk	4 tsp. minced onion
4 oz. pkg. dried chipped beef.	1 c. chopped pecans (sautéed in 2 tsp. butter)

Soften cream cheese; add other ingredients. Top with pecans. Bake at 350 degrees for 20 minutes. Serve with favorite cracker. Good hot or cold.

Marlene G. Singleton

GREEN ONION CUCUMBER DIP

1 c. sour cream	1 tbsp. Dijon mustard
1/2 c. mayonnaise	1 tsp. Worcestershire sauce
1/2 c. finely chopped cucumber	1/8 tsp. pepper
1/3 c. green onions, sliced	

Combine ingredients, mixing until well blended. Chill. Serve with vegetables. Makes 2 cups.

Ilene Flynn

SEAFOOD SALAD

8 oz. crabmeat	1/2 tsp. lemon juice
1/2 c. celery	1/8 tsp. salt
1/3 c. mayonnaise	1/8 tsp. pepper
2 tbsp. onion	

Simply chop all ingredients into small pieces and mix together. Serve about 1 ice cream scoop on lettuce leaves.

Dottie Richardson

LEMONY LIGHT COOLER

3 c. white grape juice	1 (32 oz.) bottle Club Soda (chilled)
1/2 - 3/4 c. sugar	Fresh fruit

In blender blend all but Club Soda. Just before serving, add chilled Club Soda and fresh fruit.

Brenda G. Stading

CHEESE BALL

2 (8 oz.) pkgs. cream cheese	1 tbsp. seasoned salt
1/4 c. chopped green pepper	1 sm. can crushed pineapple, drained
2 tbsp. chopped onion	1 c. chopped pecans

Soften cream cheese and add all ingredients together. Chill overnight for best flavor. Makes 2 cheese balls.

You can roll in pecans or chopped parsley if you choose. Surround with your favorite cracker.

Jackie Plaster

TUNA BALL

16 oz. tuna	1 tbsp. lemon juice
8 oz. cream cheese	1 tbsp. horseradish
1 tbsp. chopped onion	1/4 tbsp. smoked salt

Mix all ingredients together and form into a ball. Roll in 1/2 cup chopped pecans and 3 tablespoons parsley. Let sit in freezer before rolling in nuts and parsley mixture. Serve with crackers.

Linda Gayle Oliff

TUNA LOG

2 c. water-packed tuna, drained	1 tsp. horseradish
1 (8 oz.) pkg. softened cream cheese	1/4 tsp. salt
1 tbsp. lemon juice	1/2 c. chopped pecans and 1/2 c. sliced almonds
3 tsp. grated onion	1 tbsp. parsley

Mix first 6 ingredients. Shape either in a log or a fish shape; decorate with nuts and parsley. Chill well. Use with crackers and cheese.

Eva Lucado

RITZ CHICKEN DIP

1 lg. chicken	1 box Ritz crackers
2 cans cream of chicken soup	Poppy seeds
1 lg. carton sour cream	

Bake or boil chicken and grind in food processor. Add cream of chicken soup, sour cream, 1 tablespoon poppy seeds and 1 package of the Ritz crackers, crumbled. Mix and place in shallow baking dish.

Top with more crumbled Ritz crackers and poppy seeds. Bake 20-30 minutes at 350 degrees. Serve warm on Ritz crackers.

Peggy Breiholz

SAUSAGE BALLS

1 lb. hot sausage	2 c. Bisquick
1 (8 oz.) pkg. shredded cheese	

Hand mix ingredients. Make small balls. Place on ungreased cookie sheet. Bake on 350 degrees for 20 minutes.

Allstate Insurance (Girls in Office)

CREAMY PIMENTO CHEESE

1 (8 oz.) pkg. cream cheese, softened	Dash garlic powder
2 c. (8 oz.) shredded sharp Cheddar cheese, softened	1 (4 oz.) jar diced pimiento, drained
1/4 c. plus 2 tbsp. mayonnaise	

Combine cheeses in large bowl; beat on medium speed until light and fluffy. Add mayonnaise and garlic powder; mix well. Stir in pimiento. Chill until ready to use. Serve with crackers.

Dorcas Corman

SMOKY SALMON SPREAD

8 oz. drained salmon	2 tbsp. grated onion
8 oz. cream cheese	1/8 tsp. liquid smoke

Mix all ingredients together with spoon. Shape into log and sprinkle with paprika and/or parsley. Refrigerate. Serve on favorite crackers (Townhouse, Triscuits, etc.).

Virginia Whorley

CREAM CHEESE BACON PUFFS

1 pkg. Pillsbury crescent rolls (separated into 4 rectangles)	1 tbsp. chopped onion
1 (4 oz.) pkg. cream cheese	1 tsp. milk
5 strips of bacon, crumbled	

Mix cream cheese, bacon, onion, and milk. Spread 1/4 mixture over 1 rectangle lengthwise. Roll and cut into 8 pieces. Place 1-2 inches apart on ungreased cookie sheet. Sprinkle with Parmesan cheese. Bake at 375 degrees for 10-12 minutes. Yield: 32.

Virginia Whorley

LOAF FRENCH BREAD SNACKS

Split loaf of French bread and butter. Heat in oven at 350 degrees.
Mix:

1 c. Hellmann's mayonnaise	1/2 c. finely chopped onion
1/2 c. Parmesan cheese (this is found in a jar in dairy case)	Dash of Worcestershire sauce

Spread on bread. Put in oven at 350 degrees for 15-20 minutes, then under broiler for a couple minutes.

Sondra Stegbauke

SPINACH DIP

1 pkg. Ranch Salad Dressing mix	1/4 c. onion, minced
2 c. (1 pt.) sour cream	3/4 tsp. basil
1 (10 oz.) pkg. frozen chopped spinach, cooked and drained	1/2 tsp. oregano

Combine ingredients; stir to blend. Chill for at least 1 hour. Serve in hollowed out round loaf of French bread; use hollowed out section to make bread cubes for dipping.

Jennifer Merzdorf

*****EXTRA RECIPES*****



BREADS AND ROLLS

T H Y M E



FRESH FROM THE OVEN

Water or milk (whole, skimmed, evaporated or reconstituted nonfat dry) are most often used for breads. Water makes the crust crisp, while milk produces a soft crust and a creamy-white crumb. The liquid must be at the correct temperature; if it is too hot, it will kill the yeast; if it is too cold, the dough will take longer to rise.

Many different kinds of fat (butter, margarine, shortening, salad oil or lard) can be added to bread dough to improve flavor and make the dough stretch more easily. The bread will have a tender crumb and stays soft longer.

Eggs added to a yeast dough add flavor, color and nutrition. They soften the crust and give the interior a fine crumb.

Do not try to speed up the yeast in bread dough by increasing the amount of flour, sweetener or salt, or by adding ingredients. These will only make the bread heavier.

To test the rising of yeast dough: The dough is doubled when two fingertips pressed $\frac{1}{2}$ inch into it leaves dents that remain. If dents fill in quickly, let rise 15 minutes longer and test again.

Ways to glaze bread before baking are: for a dark, shiny glaze, brush on 1 beaten egg yolk. For a light shiny glaze, beat the whole egg or brush on melted butter or margarine. For shine with no color, brush on 1 egg white beaten with 1 tablespoon water.

How can I test the vitality of yeast? Just before using the yeast, mix some into one-quarter cup of lukewarm water that has been enriched with one-quarter teaspoon of sugar, the food for the yeast. If the yeast mixture does not start to bubble within five to ten minutes, your microorganisms are dead or enervated and will not leaven your dough or batter.

When baking bread, if tops brown too quickly, cover loosely with foil. To test for doneness - tap top of loaf lightly with your fingertips. If it sounds hollow and is well browned on top, the bread is ready. Remove loaves from pans immediately so bottoms don't become soggy; cool on wire racks.

If you roll out dough between 2 sheets of waxed paper, dab some water under the bottom sheet and it won't skid away.

All ingredients for bread making should be at room temperature. It's important to use the right size pan.

Bread stores in a cool, dry place best. It may be kept in the refrigerator but will go stale more quickly. Bread keeps in the freezer for 3 months if tightly wrapped and you make sure to press out as much air as possible.



ZUCCHINI BREAD

2 c. sugar
3 eggs
1 tsp. vanilla
3/4 c. oil

3 1/2 c. flour (do not sift)
1 tsp. each soda, baking powder
1 tsp. cinnamon
2 c. zucchini

Beat eggs and sugar together with spoon. Add vanilla and oil; beat well. Mix baking powder, soda and cinnamon in flour. Add flour to sugar mixture and mix. Add zucchini. Bake at 325 degrees for 1 hour. Makes 2 loaves.

Gloria Bryant

TENNESSEE PUMPKIN BREAD

1 2/3 c. plain flour
1/4 tsp. baking powder
1 tsp. baking soda
3/4 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/3 c. margarine

1 1/3 c. sugar
1/2 tsp. vanilla
2 eggs
1 c. mashed pumpkin
1/3 c. water
1/2 c. chopped nuts

Cream shortening, sugar, and vanilla; add eggs one at a time, beating thoroughly after each addition. Stir in pumpkin. Stir in dry ingredients sifted together, alternating with water.

Stir until just smooth. Do not over beat. Fold in nuts (you may use black walnuts or pecans). Bake in greased and floured loaf pan at 300 degrees for about 45 minutes. Best served warm.

Rachel Osborne

EASY CARAMEL ORANGE RING

1 tbsp. butter, softened
1/2 c. orange marmalade
2 tbsp. chopped nuts
1 c. packed brown sugar

1/2 tsp. cinnamon
2 (10 oz.) cans refrigerated buttermilk flaky biscuits
1/2 c. butter, melted

Preheat oven to 350 degrees. Grease 12-cup Bundt pan with 1 tablespoon butter. Place teaspoonsful of orange marmalade in pan. Sprinkle with nuts.

In small bowl combine brown sugar and cinnamon; mix well; set aside. Separate biscuits. Dip each biscuit in melted butter, then brown sugar mixture.

Stand biscuits on edge in pan, spacing evenly. Sprinkle with remaining sugar and drizzle with rest of butter. Bake 30-35 minutes or until brown. Cool for 5 minutes and invert onto serving plate.

Peggy Breiholz

COUNTY FAIR BREAD

6 to 6 1/2 c. bread flour, divided	1 1/2 c. milk
1/4 c. sugar	1/4 c. margarine
2 tsp. salt	2 eggs at room temperature
1 pkg. (1/4 oz.) rapid rise active dry yeast	

Grease large bowl; set aside. Combine 1 cup flour, sugar, salt, and yeast in mixing bowl; set aside. Heat milk and margarine in saucepan until very warm (120-130 degrees); margarine need not melt completely.

Add heated mixture and eggs to flour mixture; blend well. Add 2 cups flour; beat with electric mixer 2 minutes. Stir in enough remaining flour to make a stiff dough.

Turn out onto floured board or pastry cloth. Knead until dough feels smooth and light and no longer sticky. Place in prepared bowl. Turn once to grease top.

Cover and let rise in warm place, free from draft, 1 1/2 hours, or until double in bulk. A good place is an 80 degree oven with an open pan of boiling water inside to maintain temperature and humidity.

Grease 2 large baking sheets or 2 loaf pans; set aside. Punch dough down. Turn out onto floured surface. Pinch off dough and form into biscuits or loaves, as desired. Cover and let rise in warm place, free from draft, 1 hour, or until double in bulk.

Bake at 325 degrees for 35-40 minutes or until golden brown and loaf sounds hollow when lightly tapped. If bread begins to brown too rapidly, cover with a tent of aluminum foil or brown paper.

Rachel Osborne

DIXIE'S CARDAMOM BREAD

3/4 c. sugar	1/2 c. butter
2 eggs	1 tsp. cardamom
2 pkgs. dry yeast	6 1/2 c. flour
2 c. scalded milk	

Combine sugar, eggs, yeast to scalded milk, butter and cardamom mixture. Add flour 2 cups at a time and mix well until all is added. Cover and raise until doubled in size.

Punch down and divide mixture in half, then each half into thirds and make 2 braids onto 2 cookie sheets. (Cover with dish towel.) Raise 1 hour and bake at 375 degrees for 15-20 minutes. Frost with confectioners sugar frosting when cool.

FROSTING:

3 c. confectioners sugar	2 tbsp. milk
4 tbsp. margarine	

Dixie Terning

COMPANY ROLLS

1 c. milk	3 tbsp. sugar
2 c. flour (self-rising)	3 tbsp. mayonnaise

Put all ingredients in mixing bowl and mix well. Pour in greased muffin tins and bake at 400 degrees for 20 minutes. Makes 1 dozen.

Gloria Bryant

EASY-MADE ROLLS

1 pkg. dry yeast	1/4 c. lukewarm water
1/4 c. sugar	1 tsp. salt
1/4 c. vegetable shortening (Crisco)	1 egg
3 c. plain flour	

Dissolve yeast in lukewarm water. Add egg to yeast and water and beat, then add 1 cup lukewarm water. Stir well and cover with plastic wrap. Let rise in refrigerator overnight.

Knead and roll dough 1/4-inch thick and cut with biscuit cutter. Dip in melted butter and fold over. Let rise about 1 1/2 hours at room temperature. Bake in hot oven (350-400 degrees) 10-15 minutes. Be sure to grease pan before placing rolls in it.

Doris Vanaman

BRAN MUFFINS

1 pt. buttermilk	2 eggs
1 c. water	2 1/2 c. flour
1/2 c. margarine	1 tsp. salt
3 c. All-Bran cereal	2 1/2 tsp. baking soda
1 1/2 c. sugar	

Bring water to boil; add butter and All-Bran cereal. Stir and remove to cool. Add the buttermilk. Beat sugar and eggs together, then add to liquid mixture. Mix dry ingredients (flour, salt and baking soda); add gradually to above.

Bake at 350 degrees for 25 minutes. Will keep in refrigerator for 6 weeks. Optional: Add nuts, raisins, etc.

Reva Arnold

FAMILY'S FAVORITE DINNER ROLLS

5-6 c. self-rising flour	1 1/4 c. water
1/2 c. sugar	1/2 c. milk
1 1/2 tsp. salt	1/3 c. margarine
2 pkg. yeast	2 eggs

In large bowl thoroughly mix 2 cups flour, sugar and undissolved yeast. In another saucepan mix water, milk and margarine. Heat over low flame until liquid is very warm. Gradually add dry ingredients; beat 2 minutes.

Add eggs and 1/2 of flour; beat again until soft dough. On floured board roll and cut out into biscuit form. Melt margarine. Pour over this. Bake for 15-20 minutes at 450 degrees.

Gloria Bryant

QUICHE MUFFINS

1 (16 oz.) container of cottage cheese	1 tsp. baking powder
3 egg whites	1/4 tsp. salt
5 eggs	2 c. grated sharp Cheddar cheese
1/4 c. buttermilk	2 green onions, chopped
1/4 c. flour	10 slices bacon, cooked and crumbled

Preheat oven to 400 degrees. Process cottage cheese in blender or food processor until smooth. Transfer to large bowl. Process egg whites until foamy. Add next 5 ingredients and process until smooth.

Add egg mixture to cottage cheese. Stir in cheese, onions, and bacon. Fill greased large muffin tins 2/3 full and bake 12-15 minutes or until edges are light brown. Yield: 10 muffins.

Carol Hacker

6 WEED BRAN MUFFINS

1 (15 oz.) box Raisin Bran	2 tsp. salt
1 c. oil	5 c. flour
4 beaten eggs	3 c. sugar
1 qt. buttermilk	3 tsp. soda
2 c. pecan pieces	

Mix dry ingredients; add liquids and nuts. Stir well. Fill greased muffin tins 2/3 full. Bake at 400 degrees for 15-18 minutes. Dough can be kept 6 weeks in refrigerator or baked muffins can be frozen.

Gina Roakes, Evington

ZUCCHINI PINEAPPLE BREAD

3 eggs	3 c. flour
1 c. oil	2 tsp. soda
2 c. sugar	1/2 tsp. baking powder
2 tsp. vanilla	1 tsp. salt
2 c. shredded unpeeled zucchini	1 1/2 tsp. cinnamon
1 (8 1/4 oz.) can crushed pineapple, drained	3/4 tsp. nutmeg
1 c. chopped nuts	

Sift together flour, soda, baking powder, salt, cinnamon, and nutmeg. Beat eggs; add oil sugar and vanilla and beat until thick and foamy. Add zucchini and pineapple and beat.

Stir in flour mixture and nuts. Pour into 2 greased and floured loaf pans and bake at 350 degrees for 1 hour or until done.

Mildred Loudy

HOMEMADE WHOLE WHEAT BREAD

5 1/2 to 6 c. unsifted white flour	2 c. milk
2 c. unsifted whole wheat flour	3/4 c. water
3 tbsp. sugar	1/4 c. (1/2 stick) Fleischmans margarine
4 tsp. salt	Planters peanut oil
2 pkg. Fleischmans active dry yeast	

Combine flours in a large bowl. Thoroughly mix 2 1/2 cups flour mixture, sugar, salt and undissolved Fleischmans active dry yeast.

Combine milk, water, and margarine in a saucepan. Heat over low heat until liquids are very warm (120-130 degrees); margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally.

Add 1 cup flour mixture. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour mixture to make a stiff dough.

Turn out into lightly floured bowl and knead until smooth and elastic, about 8-10 minutes. Cover with plastic wrap, then a towel. Let rise 20 minutes.

Divide dough in half. Roll each half to a 14x9 inch rectangle. Shape into loaves. Place in 2 greased 9x5x3 inch loaf pans. Brush loaves with Planters peanut oil and cover with plastic wrap.

Refrigerate 2-24 hours. When ready to bake, remove from refrigerator and uncover dough carefully. Puncture any gas bubbles which may have formed with a greased toothpick or metal skewer. Bake at 400 degrees for about 40 minutes or until done. Remove from pans and cool on wire racks.

Aunt Martha Lee

CORN PONES

2 c. cornmeal
3 tbsp. oil

Combine cornmeal and oil; add boiling water. Mix and allow to cool. Make 12-15 cakes formed in hands and allow finger marks to remain. Bake 35-40 minutes at 375 degrees.

Rebecca Stephens

1 1/3 c. boiling water

CORN LOAF

Soak 1 to 2 packages yeast in 1 cup warm milk 10 minutes. Add 3 tablespoons oil, 3 tablespoons honey, 2 beaten eggs; blend in 1 3/4 cups cornmeal.

Pour into greased loaf pan; let rise. Bake 30-40 minutes at 350 degrees. Can be put in paper cups set in muffin tins also.

Rebecca Stephens

PECAN BISCUITS

2 1/2 c. biscuit baking mix
1/2 c. chopped pecans

1 c. whipping cream
2 tbsp. butter or margarine, melted

Preheat oven to 450 degrees. In large bowl combine baking mix and pecans. Add cream and stir until a soft dough forms. On a lightly floured surface use a floured rolling pin to roll out dough to 1/2- inch thickness.

Use a floured biscuit cutter to cut dough. Transfer biscuits to a greased baking sheet and brush tops with melted butter. Bake 7-10 minutes or until light brown. Yield: Approximately 2 dozen.

Carol Hacker

TEA BE LIGHT ROLLS

4 c. plain flour
2 tsp. baking powder
1 tsp. salt
1 tbsp. shortening

1 yeast cake
1 c. buttermilk
2 tsp. sugar
1 c. sweet milk

Dissolve yeast cake in 1 cup sweet milk. Mix well and roll thin. Cut. Butter top, let rise 2 hours, then bake at 450 degrees.

Christine Owen

APPLE NUT BREAD

1 c. oil
2 c. sugar
3 eggs, beaten
1 tsp. vanilla
1 tsp. salt

3 c. flour
1 tsp. soda
1 tsp. cinnamon
3 c. apples
1 c. nuts

Mix first 5 ingredients well. Add remaining ingredients and mix well. Batter will be stiff. Bake 1 1/2 hours at 300 degrees. Take out of pans. Sprinkle tops with sugar and wrap in foil while still warm. Makes 2 loaves.

Susan Wood

SAUSAGE PINWHEELS

2 c. self-rising flour
1/4 c. shortening
2/3 c. milk

1 lb. "hot" sausage
1 c. grated cheese

Combine flour with shortening; add milk. Turn dough onto lightly floured surface. Roll into rectangle 18x12. Spread room temperature sausage on dough. Sprinkle on cheese.

Roll dough into "jellyroll". Cover and refrigerate 1 hour. Slice 1/4-inch slices and bake at 350 degrees for 20 minutes or until brown.

Betsy Martin

ANGEL BREAD

5 c. flour
1/2 c. sugar
3 tsp. baking powder
1 tsp. salt
1 tsp. baking soda

1 c. shortening
2 pkgs. dry yeast
1/2 c. warm water
2 c. buttermilk

Sift together first 5 ingredients. Work shortening into dry ingredients. Mix yeast and warm water; add to buttermilk. Add the liquid mixture to the dry; mix well.

Place in air-tight bowl and store in refrigerator (up to 2 weeks). REMOVE AND USE AS NEEDED. Let rise 1/2 hour before cooking 10-12 minutes at 450 degrees.

Linda Gayle Oliff

OLD FASHIONED SALT RISING BREAD

Pour 1/2 cup boiling water over 1 tablespoon corn meal. Ten minutes later, stir in 1 tablespoon flour. Cover and set in warm place overnight. Early in the morning, add 1/2 cup warm milk and enough flour to make a smooth thin batter.

Set in a pan of water warm enough to bear the hand in, to rise. Do not allow it to cool. When this has become very light, add it to a batter made of 1 quart of milk (scalded and cooled to lukewarm) and enough flour to make a rather stiff batter.

Beat well and set again in warm place to rise for about 1/2 hour. Now work in 3 or 4 tablespoons shortening, 1 tablespoon salt, and enough flour to make a soft dough. Shape into small loaves and bake as usual in 325-350 degree oven.

Muffie Merricks

PLAIN MUFFINS

2 c. flour
8 tbsp. sugar
1 egg

1 c. sweet milk
4 tbsp. melted butter
1 tsp. vanilla

Sift flour and sugar together and add rest of the ingredients as listed above in that order. Bake in lined muffin tins in a pre-heated 425 degree oven 15-20 minutes. Add raisins to batter if desired. These are delicious hot with butter for breakfast.

Marie Saunders

PUMPKIN BREAD

3 c. sifted flour
3 c. sugar
2 tsp. soda
1 tsp. cinnamon
1 tsp. nutmeg

1/2 tsp. salt
1 c. oil
4 eggs
2/3 c. water
2 c. pumpkin

Place in air-tight bowl and store in refrigerator (up to 2 weeks). REMOVE AND USE AS NEEDED. Let rise 1/2 hour before cooking 10-12 minutes at 450 degrees.

Linda Gayle Oliff

Mix together dry ingredients in large bowl. Add oil, eggs, water and pumpkin; mix well. Pour into 2 (9x5x3 inch) loaf pans, well greased. Bake 50-60 minutes at 350 degrees.

Sarah Jones

BANANA NUT BREAD

3/4 c. sugar
1/2 c. milk
1 c. mashed bananas

3/4 c. chopped nuts
1 egg
3 c. Bisquick

Heat oven to 350 degrees. Mix sugar, egg, milk, and Bisquick, then beat vigorously for 30 seconds. Batter may be slightly lumpy. Stir in nuts. Pour in well-greased loaf pan 9x5x3. Bake 45-50 minutes.

Kay Grazonio

BRAN MUFFINS

5 tsp. baking soda
1 c. butter
2 c. sugar
4 eggs

4 c. All-Bran
2 c. 40% Bran flakes
5 c. all-purpose flour (or 2 1/2 all-purpose and 2 1/2 whole wheat)
1 qt. buttermilk

Dissolve the baking soda in 2 cups boiling water; set aside to cool. With electric mixer cream the butter and the sugar and beat in the eggs. Stir in by hand the remaining ingredients. Finally, stir in the soda water.

Keep the batter covered in the refrigerator for weeks. Bake in muffin pans in 375 degree oven for 30 minutes. Yield: 6 dozen.

Jennifer Merzdorf

CRANBERRY BREAD

1 egg
1 c. sugar
2 tbsp. melted butter
1/2 c. orange juice
2 tbsp. hot water
2 c. flour

1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. soda
1 1/2 c. cranberries
1/2 c. nuts

Beat egg; add sugar, melted butter, orange juice, hot water. Add flour, baking powder, salt, soda, cranberries, and nuts.

Bake at 325 degrees for 1 hour 10 minutes in greased loaf pan. After removing from oven, remove from pan. Brush with melted butter. Wrap in wax paper. Put in refrigerator for 3 hours. Change paper and refrigerate for 12 hours.

Doris Cook

BANANA BREAD

3 ripe bananas
3/4 c. sugar
Pinch of salt
1 beaten egg

1/4 c. butter
1 tsp. soda
1 tbsp. water
2 c. flour

Mash bananas. Blend in sugar, salt and egg. Melt butter and stir into banana mixture. Dissolve soda into water and add flour. Combine the 2 mixtures. Bake in loaf pan for 45 minutes in 350 degree oven. Add nuts if desired.

Nadine Fred

CAKES AND COOKIES

CARDAMOM



EVERYBODY'S FAVORITES

To improve an inexpensive cake mix, add one tablespoon butter to the batter for a richer-tasting cake.

Discover baking with mayonnaise. Try substituting mayo as a shortening or oil - it blends easily, adds moisture and contributes toward a tender texture.

Throwaway Cake Plate - Save bottom cardboards from pizzas and cover with aluminum foil. Great if you are donating a cake or pie to a cake sale.

Dip spoon in hot water before measuring lard, butter, etc. - it will slip off the spoon more easily.

Put flour in a large salt shaker and use for dusting cake pans, meat, etc. It is less messy and doesn't waste flour.

For recipes using beaten egg whites, the eggs should be separated when cold and the whites allowed to come to room temperature (egg whites reach their highest volume if beaten at room temperature). Cream of tartar or sugar added to the egg whites will increase the stability of the foam...the sugar should be added a little at a time. Be careful not to overbeat egg whites or they will become stiff and dry, having lost their elasticity, and will almost certainly collapse as soon as heat is applied. Be sure beaters and bowl, etc. are completely free of oil - any trace of oil will prevent the egg whites to fluff up.

Don't grease cookie sheets or cookies will tend to spread too much. When baking several batches in succession, let sheets cool before placing more dough on them or the dough will soften and spread and finished cookies will be misshapen. If you don't have enough spare cookie sheets, use inverted baking pans.

Any recipe which says, "and add one egg," can be made better by separating the white and yolk. This white, when beaten separately, adds bubbles, tenderness and makes the finished product lighter. This is true for nearly all boxed items.

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO - Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

If your layer cakes stick to the bottom of their pans, return them to a warm oven briefly. The layers will come out intact in just a short time.

For baking cakes, use shiny metal pans or pans with a non-stick finish. Avoid dull, dark or enamel pans which can cause uneven and excessive browning. If using glass or porcelain-coated aluminum pans, reduce the oven temperature 25 degrees F. If baking more than 1 at a time, arrange the pans in the oven so that you get the best air flow - stagger them from one shelf to another, not one directly on top of another. And do not have a pan touching the walls of the oven or touching another pan. Good air flow is very important to proper baking. (This is true for trays of cookies also.)



MISSIONARY CAKE

1 box confectioners sugar
Sugar box full of flour
6 eggs

3 sticks margarine
3/4 tsp. lemon extract
3/4 tsp. vanilla

Cream sugar and margarine; add eggs, flour and flavoring. Beat with mixer on high speed until smooth. Bake in 325 degree oven for about 1 hour 15 minutes in large tube pan. For variety, add 1 can coconut to batter before putting in pan.

Vicky Davis

HONEY BUNN CAKE

1 box yellow cake mix with
pudding
1/2 c. sugar
2/3 c. oil
4 eggs

8 oz. container sour cream
1/2 c. brown sugar
2 tsp. cinnamon

Combine cake mix, sugar, oil, eggs, and sour cream. Beat 2 minutes. In separate bowl mix brown sugar and cinnamon (and nuts if you like).

Pour 1/2 of batter in 9x13 greased and floured pan. Sprinkle with half of sugar mixture. Cover with remaining batter and top with sugar mixture. Swirl with knife.

Bake at 350 degrees for 35 minutes. Top with glaze.

GLAZE:

1 c. powdered sugar 4 tbsp. milk

Mix together and pour over hot cake.

Carol Hacker

DATE PINWHEEL COOKIES

DOUGH:

1/2 c. shortening
1/2 c. white sugar
1/2 c. brown sugar
1 egg

1/4 tsp. salt
1/2 tsp. soda
2 c. flour

Mix all ingredients well. Roll out 1/4 inch thick.

FILLING:

1/2 lb. chopped dates	1/8 tsp. salt
1/4 c. sugar	1/2 c. chopped nuts
1/3 c. water	

Cook filling into paste and cool. Spread filling onto dough. Roll dough into long roll. Wrap up and refrigerate.

Grease cookie sheet (even non-stick sheet pan). Slice pinwheels and bake at 350 degrees for 10-12 minutes. Put on waxed paper to cool.

Marge Morrison

SPECIAL K BARS

1 c. light Karo syrup	6 c. Kellogg's Special K Cereal
1 c. sugar	2 c. butterscotch chips
1 1/2 c. peanut butter	1 c. chocolate chips

Heat syrup and sugar until bubbly. Remove from heat and add peanut butter. Stir until blended. Add Special K and stir. Press into buttered 9x13 pan.

Pour butterscotch and chocolate chips on top and place in 400 degree oven for a few minutes until chips are soft. Spread until blended.

Peggy Breiholz

POUND CAKE

3 sticks butter or margarine	1 tbsp. vanilla
3 c. sugar	1 tbsp. lemon
5 eggs	1/2 tsp. baking powder
3 c. flour	1 tbsp. butter flavor
1 c. milk	

Cook at 325 degrees for 50-60 minutes. Cook in 2 loaf pans.

Tracy Staton

COCOA PEANUT BUTTER KISSES

1 c. all-purpose flour	1/3 c. packed light brown sugar
1/4 c. unsweetened cocoa	1 lg. egg
1 tsp. baking soda	2 tbsp. milk
1/2 c. margarine at room temperature	1 tsp. vanilla
3/4 c. creamy peanut butter	48 kisses (9 oz.) bag
1/3 and 1/4 c. white sugar	

Heat oven to 375 degrees. Mix flour, cocoa and baking soda. Beat margarine and peanut butter in a large bowl with mixer until creamy. Add 1/3 cup sugar (white) and brown sugar; beat until fluffy.

Beat in egg, milk and vanilla until well blended. On low speed gradually beat in flour mixture just until blended. Shape heaping teaspoons into balls. Roll in remaining 1/4 cup sugar.

Place 1 1/2 inches apart on ungreased cookie sheet. Bake 10-12 minutes until firm. Immediately place a chocolate kiss on each cookie, pressing down so that cookies crack around edge. Makes 48 cookies. 98 calories per cookie.

Annette Lewis

CHOCOLATE CAKE

CAKE:

2 c. flour	1/2 c. sour cream
2 c. sugar	4 tbsp. cocoa
1/2 tsp. salt	2 sticks margarine
1 tsp. baking soda	1 c. water
2 eggs	

Melt 2 sticks of margarine in 1 cup of water. Combine all other ingredients and add the melted margarine and water. Mix well. Bake in greased 10x15 pan at 350 degrees for 20 minutes.

FROSTING:

1 lb. box of confectioners sugar	6 tbsp. milk
4 tbsp. cocoa	1 tsp. vanilla
1 stick margarine	

Melt margarine in milk. Mix with sugar and cocoa. Add 1 teaspoon vanilla and pour over cake while still warm.

Mildred Loudy

CARROT SPICE BREAD

4 c. flour	1 c. packed brown sugar
2 tsp. cinnamon	3/4 c. undiluted evaporated milk
1 3/4 tsp. baking powder	2/3 c. water
1 tsp. baking soda	1/4 c. vegetable oil
1 tsp. salt	2 tsp. vanilla
3 eggs, beaten	1 1/2 c. shredded carrot
1 c. sugar	1/2 c. chopped nuts

Combine flour, cinnamon, baking powder, baking soda and salt in large bowl; set aside. Combine eggs, sugars, milk, water, oil, vanilla and carrots in small bowl.

Add liquid ingredients to dry ingredients. Stir just until moistened. Fold in all other ingredients. Bake in 2 (8 1/2 x 4 1/2) loaf pans at 325 degrees for 60-70 minutes. Cool 10 minutes in pan, then remove.

EASY CHEESECAKE

CRUST:

2 c. crushed graham crackers	2 1/2 tsp. brown sugar
1/2 c. melted butter	

Crush graham crackers; add melted butter and brown sugar. Press firmly into bottom and sides of springform pan. Refrigerate until ready to use.

FILLING:

1 1/2 lb. cream cheese	3 eggs
1 c. sugar	Whipped cream
2 tbsp. lemon juice	Lemon twist
1 1/2 tsp. vanilla	

Mix cream cheese with sugar until smooth and soft. Add lemon juice, vanilla, and eggs; mix well. Pour into prepared crust and bake at 325 degrees for 45 minutes.

Turn off heat. Leave in oven until cool. Top with whipped cream and several twists of lemon peel.

Ida Hudson

UNBAKED FUDGE COOKIES

3 1/4 c. uncooked oats	1/2 c. cocoa
1 tsp. vanilla	1/2 c. milk
1 c. chopped nuts or 1 sm. can coconut	1 stick margarine or butter
2 c. sugar	

In large pan bring to a boil sugar, cocoa, milk and butter. Remove from heat and add vanilla. Pour over nuts or coconut and oatmeal; mix well. Drop by teaspoon on waxed paper. When cookies are hard, they are ready to eat.

Mildred Loudy

RED VELVET CAKE

1 1/2 c. sugar	2 1/2 c. self-rising flour
1 c. oil	2 tbsp. cocoa
2 eggs	1 c. buttermilk
1 tbsp. vinegar	1 tsp. vanilla
1 oz. red food coloring	

Cream sugar and oil; add eggs and beat well. Add vinegar and food coloring and beat well. Sift dry ingredients; add alternately with milk. Add vanilla and beat well.

Pour into 2 (9-inch) layered cake pans that have been greased and floured. Bake at 350 degrees for 30-35 minutes.

FROSTING:

1 stick margarine, softened	1 (8 oz.) pkg. cream cheese
1 tsp. vanilla	1 c. black walnuts, chopped
1 lb. powdered sugar, sifted	

Cream margarine and cheese; add vanilla and sifted sugar. Mix well. Add nuts and spoon on cooked layer cake.

Rachel Osborne

5 - FLAVOR POUND CAKE

3 c. sugar	1 c. milk
1 stick margarine	1 tsp. vanilla flavoring
1 c. Crisco	1/2 tsp. butter flavoring
6 eggs, 1 at a time	1/2 tsp. almond flavoring
3 c. plain flour	1/2 tsp. lemon flavoring
1 tsp. baking powder	1/4 tsp. coconut flavoring
1/2 tsp. salt	

Cream first 3 ingredients. Add eggs one at a time; beat well. Sift flour, baking powder, and salt. Alternate putting in flour and milk. Start with flour and end with flour. Add flavorings.

Fill pan 1/2 to 2/3 full. Bake at 350 degrees for approximately 1 hour or until inserted knife comes out clean.

NOTE: I use a Bundt cake pan or tube pan for making this cake.

Doris Vanaman

BANANA SPLIT CAKE

2 c. graham cracker crumbs
2 sticks margarine
2 c. powdered sugar
2 eggs
5 bananas

1 can pineapple chunks
1 jar maraschino cherries
1 pkg. pecan halves
1 lg. Cool Whip

Make crust by crushing graham crackers and add 1 stick melted margarine. Press into bottom of 9x13 pan. Beat for 15 minutes 2 cups confectioners sugar, 2 eggs, and 1 stick margarine; pour over crust. Slice bananas; top with pineapple chunks (well drained) and Cool Whip. Garnish with cherries and nuts. Refrigerate until ready to serve.

Melissa Tomlin

PLUM CAKE

2 c. sugar
1 c. salad oil
3 eggs
2 sm. jars baby food plums
2 c. sifted self-rising flour

1 tsp. cinnamon
1/2 tsp. ground cloves
1 tsp. vanilla
Dash of salt

Mix sugar and oil together. Add eggs, one at a time, and cream well. Add plums, flour, spices, salt and vanilla; mix well. Bake in a tube pan at 325 degrees for 1 hour. Glaze with 1 cup confectioners sugar and juice of 1 lemon.* Spoon on cake while still hot.

*If lemon is large and juicy, use only 1/2 of the lemon.

Mildred Loudy

DEEP DISH BROWNIE

3/4 c. butter or margarine, melted
1 1/2 c. sugar
1 1/2 tsp. vanilla
3 eggs

3/4 c. unsifted all-purpose flour
1/2 c. Hershey's cocoa
1/2 tsp. baking powder
1/2 tsp. salt

Blend melted butter or margarine, sugar and vanilla in a mixing bowl. Add eggs; beat well with spoon. Combine flour, cocoa, baking powder and salt; gradually add to egg mixture until well blended.

Bake at 350 degrees in a greased 8-inch pan for 40-45 minutes or until brownie begins to pull away from edges of pan. Cool and cut into squares.

Shirley Warren

COCONUT CREAM CAKE

1 med. angel food cake

CREAM FILLING:

2 tbsp. flour
4 eggs
2 c. milk
1 pkg. plain gelatin
2 tsp. vanilla

3/4 c. coconut
1 c. sugar
Pinch salt
Cool Whip

Break cake into small pieces and put in 9x13 inch pan. Cook filling in double boiler until it coats spoon. Mix gelatin in 1/2 cup cold water and put into filling and let cool.

Beat egg whites until stiff and mix into filling. Add vanilla and coconut. Pour over cake and set in refrigerator until firm (overnight). Icing with Cool Whip and sprinkle top with 1/2 cup coconut. Serves 15.

Della Arnold

OLD - FASHIONED CHRISTMAS COOKIES

1 c. margarine, softened
2 c. sugar
1/4 c. firmly packed brown sugar
2 eggs
6 tbsp. milk

2 tsp. vanilla
4 c. all-purpose flour
2 tsp. baking powder
1/2 tsp. salt

Cream margarine and sugar until light and fluffy; add eggs, mixing well. Stir in milk and vanilla. Combine flour, baking powder, and salt; add to creamed mixture, mixing well. Chill.

Roll dough out on a lightly floured board to 1/8-inch thickness; cut with shaped cookie cutters. Place on lightly greased cookie sheets; bake at 350 degrees for 10-12 minutes.

Decorate as desired with decorator candies and icing. Yield: about 5 dozen cookies.

Rachel Osborne

FROSTED PEANUT MARSHMALLOW CRISPY TREATS

1/4 c. Parkay margarine
1 (10 oz.) bag (40 count) Kraft regular marshmallows
1/2 c. peanut butter
5 c. crisp rice cereal

1 c. peanuts
1 (6 oz.) pkg. butterscotch pieces
1 (6 oz.) pkg. semi-sweet chocolate pieces

Microwave margarine in large mixing bowl on HIGH 45 seconds or until melted. Add marshmallows; toss to coat. Microwave 1 1/2 minutes or until smooth when stirred, stirring after 45 seconds. Blend in peanut butter.

Immediately add cereal and peanuts; toss until well coated. Press mixture into greased 13x9-inch baking pan. Microwave butterscotch pieces and chocolate pieces in small bowl on HIGH 1 to 1 1/2 minutes or until smooth when stirred, stirring 30 seconds.

Pour over cereal; spread to cover. Chill. Cut into squares. Makes 2 dozen. Habit forming!!

I omit the peanuts and substitute chunk style peanut butter for peanut butter.

Mrs. Karen Sharp

VANILLA WAFER CAKE

1 c. real butter
2 c. sugar
6 eggs
1 (12 oz.) box vanilla wafers, crushed

1/2 c. milk
1 (7 oz.) pkg. flaked coconut
1 c. chopped pecans

Cream butter and sugar until smooth. Add eggs 1 at a time - beat after each. Add vanilla wafers alternately with milk. Add coconut and pecans.

Pour batter into a greased and floured Bundt pan. Bake at 270 degrees for 2 hours. Let cool until cold. Serve.

Linda Gayle Oliff

TURTLE CAKE

1 box German chocolate cake mix

Mix cake according to directions. Pour half in a 9x13 pan. Bake at 350 degrees for 15 minutes. While cake is cooking, combine the following ingredients in a saucepan:

1 (16 oz.) bag caramels
1 stick margarine

1 can Eagle Brand milk

Pour over cake. Sprinkle cake with a 6-ounce bag of chocolate morsels and 1 cup nuts. Pour remaining cake mix and bake 20 minutes.

Gwen Reedy

BLUEBERRY COFFEE CAKE

1 pkg. muffin mix (8 muffin size)
1/4 c. milk
1 egg
2 tbsp. shortening (melted)

Reserve 1 tablespoon mix for topping.

Mix all ingredients together and pour into 8x8x2 baking dish.

TOPPING:

1/4 c. brown sugar
1/4 c. nuts
1 tbsp. muffin mix
1 tbsp. butter

Combine and sprinkle over batter. Bake at 350 degrees for 20 minutes until light brown.

Muffie Merricks

HELLO DOLLY COOKIES

1/2 c. butter
1 c. crushed vanilla wafers
1 (6 oz.) pkg. butterscotch bits
1 (6 oz.) pkg. chocolate bits
1 c. coconut
1 can condensed milk
1/2 c. chopped nuts

In a 9x12x2 pan melt the butter. Then layer the following: vanilla wafers, butterscotch bits, chocolate bits, coconut, condensed milk, and nuts. Bake at 350 degrees for 30 minutes. Cool. Slice into bars. Serve.

Linda Gayle Oliff

COFFEE CAKE

2 c. Bisquick
2/3 c. cold water or milk
2 tbsp. sugar
1 egg

STREUSEL TOPPING:

2 tbsp. firm butter
1/3 c. Bisquick

1/3 c. brown sugar
1/2 tsp. cinnamon

Heat oven to 400 degrees. Grease 9-inch round pan. Mix first 4 ingredients and spread in pan. Mix topping ingredients until crumbly; sprinkle over cake. Bake until wooden pick inserted in center comes out clean, 20-25 minutes. Drizzle Glaze over top.

GLAZE:

1/2 c. powdered sugar

2-3 tsp. milk

Stir well.

Angelia Miller

DIRT CAKE

1/2 stick butter, softened
1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
3 1/2 c. milk

2 pkgs. instant vanilla pudding
(sm. size)
1 (12 oz.) container Cool Whip,
thawed
2 (20 oz.) pkgs. Oreo cookies,
crushed

Cream butter, cream cheese, and powdered. In another bowl mix milk, pudding, and Cool Whip. Combine mixtures. Put 1/3 of Oreos in bottom of foil-lined clay pots or plastic sand pail. Add 1/2 of pudding mixture. Top with 1/3 of cookies, then remaining filling. Top with rest of cookies before serving. Top with a sand shovel or trowel.

Gwen Reedy

ORANGE SLICE CAKE

1 c. butter
2 c. sugar
4 eggs
1 tsp. baking soda
1/2 c. buttermilk
3 1/2 c. all-purpose flour

1 lb. dates, chopped
2 c. chopped nuts
1 lb. orange slice candy,
chopped
1 pkg. frozen coconut
1 c. fresh orange juice
2 c. powdered sugar

Cream butter and sugar until smooth. Add eggs, 1 at a time; beat well after each one. Dissolve soda in milk and add to mixture. Put flour in large bowl and add dates, orange slices, nuts; stir to coat each piece. Add flour mixture and coconut to creamed mixture.

This makes a very stiff dough that should be mixed by hand. Pour in greased and floured 13x9x3 cake pan. Bake at 250 degrees for 2 1/2 to 3 hours. Combine orange juice and powdered sugar; pour over hot cake.

Loretta Merricks

SNICKER DOODLES

1 1/2 c. margarine
2 1/4 c. sugar
3 eggs
3 3/4 c. flour
3 tsp. cream of tartar

1 1/2 tsp. soda
3/4 tsp. salt
3 tbsp. sugar
3 tsp. cinnamon

Preheat oven to 375 degrees. Cream margarine, sugar, eggs, and beat well. Add dry ingredients and chill dough mixture thoroughly. Form balls and roll in cinnamon-sugar mixture. Place on cookie sheet and bake 10 minutes.

Marg Morrison

BLUEBERRY CAKE

3/4 c. sugar
1/4 c. margarine
1/2 c. milk
1/2 tsp. vanilla

1 1/2 c. flour
2 tsp. baking powder
1/8 tsp. salt
1 egg, separated

Cream together sugar and margarine. Beat egg yolk until lemon color; add to sugar. Sift together flour, baking powder and salt. Add vanilla to milk. Add flour alternately with milk to sugar mixture and beat.

Beat egg white until stiff. Fold into cake batter and add blueberries. Pour into greased 9-inch square pan and bake at 350 degrees for 40 minutes.

Dina McGuigan

BUTTER PECAN COOKIES

1/2 c. plus 2 tbsp. butter,
softened and divided
1 1/2 c. coarsely chopped pecans
1/2 c. granulated sugar (divided)
6 tbsp. brown sugar (firmly
packed)
1 egg

1/2 tsp. vanilla
1 1/2 c. flour
1/2 tsp. baking soda
1/2 tsp. salt

CARROT CAKE

2 1/2 c. flour	1 tsp. soda
2 c. sugar	1/2 tsp. salt
1 1/4 c. oil	4 eggs
1/3 c. milk	3 c. grated carrots
2 tsp. baking powder	1 c. chopped pecans
2 tsp. cinnamon	

Preheat oven to 325 degrees. Put first 9 ingredients in bowl. Mix with mixer and beat 5 minutes. Stir in grated carrots and pecans. Pour into greased loaf pans, each being at least halfway full. Bake 1 hour 10 minutes or until cake tester comes out clean when checked.

Carol Hacker

WHIPPING CREAM POUND CAKE

2 sticks butter	3 c. sifted flour
3 c. sugar	1 c. whipping cream
6 eggs	1 tbsp. vanilla

Cream butter and sugar thoroughly. Add eggs 1 at a time, beating after each addition. Add flour alternately with whipping cream. Add vanilla.

Preheat oven to 325 degrees. Bake in a greased and floured tube pan 1 hour and 20 or 30 minutes. Cool in pan 10 minutes.

Jean M. Anneski

ECLAIR CAKE

1 lg. vanilla instant pudding	Graham crackers
1 (8 oz.) container Cool Whip	

Prepare pudding as directed; blend in Cool Whip. Alternate layers of graham crackers with pudding mixture, ending with graham crackers.

CHOCOLATE ICING:

1 c. sugar	1 tsp. vanilla
1/4 c. cocoa	1/2 stick butter
1/4 c. milk	

Combine milk, cocoa and sugar in pan and bring to a boil. Boil for 1 minute. Remove from heat and add vanilla and butter. Blend with mixer. Cool before pouring over cake. Keep refrigerated until ready to serve (at least overnight to allow graham crackers to moisten).

Reva Arnold

CHOCOLATE ECLAIR CAKE

CAKE:

2 (3 3/4 oz.) pkgs. vanilla instant	1 (8 oz.) container whipped
pudding	topping (such as Cool
3 c. milk	Whip) - KEEP FROZEN
	1 box graham crackers

Combine pudding mix and milk; mix well. Fold in frozen whipped topping. Beat 2 minutes at medium mixer speed. Butter a 9x13 Pyrex dish. Place a layer of graham crackers in dish; spread 1/2 pudding mixture over crackers.

Top with second layer of crackers. Spread rest of pudding mixture over crackers. Top with third layer of graham crackers. Pour warm chocolate topping over crackers. Refrigerate until ready to serve.

TOPPING:

1/4 c. milk	1/8 tsp. salt
1/3 c. dry cocoa	1 tsp. vanilla
1 c. sugar	1/4 stick margarine

Combine topping ingredients in a saucepan; let come to a boil and boil 1 minute. Remove from heat. Add butter and vanilla. Cool slightly. Pour over crackers. CAREFUL - THIS WILL HARDEN QUICKLY!!!!

Dot Barker

COCONUT SOUR CREAM TORTE

24 oz. frozen coconut
2 c. sugar

2 c. sour cream
1 yellow cake mix

Mix coconut, sugar and sour cream; cover and refrigerate overnight. Bake cake mix in 2 round pans according to directions. Split each cake into 2 layers. With cut side up, put 1/4 of the coconut mixture on top of cake. Continue with other 3 layers in the same manner.

Cover and keep in the refrigerator for 3 days. No matter how tempting it looks, DO NOT EAT IT UNTIL THE THREE DAYS ARE OVER! Keep cake refrigerated.

Joan Dishman

LEMON POUND CAKE

1 box yellow cake mix
4 eggs
3/4 c. oil

1 box lemon jello
3/4 c. water

Dissolve jello in hot water. Combine all and mix well. Pour in greased tube pan. Bake at 350 degrees for 35 minutes.

Wadeene Driskel

HAWAIIAN CAKE

1/2 lb. real butter
5 eggs
1 tsp. baking soda
1 tsp. baking powder

1 c. sweet milk (warm)
2 c. sugar
2 lg. boxes graham crackers (crushed)
1 c. black walnuts

Cream butter and sugar; then add eggs, one at a time. Mash graham crackers very fine; add baking powder and baking soda; add warm milk. Add coconut and walnuts. (Makes a 3-layer cake.) Bake at 350 degrees for 25-30 minutes.

ICING:

1 lb. 4 oz. can pineapple (drain and save juice)*
1/2 stick real butter
1 box confectioners sugar

1 c. coconut
Warm butter enough to soften a little

Mix all together and ice cake between layers and on top.

*Before icing cake, pour pineapple juice over each layer and let soak in.

Jeanette P. Braxton

HERSHEY'S DISAPPEARING CAKE

1/4 c. butter
1/4 c. shortening
2 c. sugar
1 tsp. vanilla
2 eggs
3/4 c. Hershey's cocoa

1 3/4 c. unsifted all-purpose flour
3/4 tsp. baking powder
3/4 tsp. baking soda
1/8 tsp. salt
1 3/4 c. milk

Generously grease and flour 2 (9-inch) round cake pans. Cream butter, shortening, sugar and vanilla until fluffy. Blend in eggs. Combine cocoa, flour, baking powder, baking soda and salt in bowl; add alternately with milk to batter. Blend well.

Pour into pans; bake at 350 degrees for 30-35 minutes. Cool 10 minutes. Remove from pans. Frost with your favorite chocolate frosting.

Betty A. Garraghty

PINEAPPLE SHEET CAKE

2 c. flour
1 1/2 c. sugar
1/4 tsp. salt
1 tsp. soda

2 eggs
1 tsp. vanilla
1 (15 1/2 oz.) can crushed pineapple with juice
Brown sugar

Mix in bowl: flour, sugar, salt, and soda. Add 2 beaten eggs and vanilla. Add pineapple and juice. Add this to the dry ingredients and beat.

Pour in greased and floured cookie sheet. Top with 1/2 cup brown sugar sprinkled evenly on top. Bake at 350 degrees for 30 minutes.

TOPPING:

1 stick oleo or margarine
1 c. evaporated milk
3/4 c. sugar

1/2 c. chopped pecans
1/2 tsp. vanilla

Boil the above 3-5 minutes or until syrupy. Pour over cake when cooled a little.

Reva Arnold

SUGAR COOKIES

1 c. sugar	1/2 tsp. soda	1 c. shortening (part butter and part oleo)	1/2 tsp. cream of tartar
1 egg	2 c. flour	1/2 tsp. salt	1 tsp. vanilla extract

Helen Stephens

PINEAPPLE JELLO CAKE

1 box yellow cake mix	1/2 c. water
1 box pineapple-orange jello	4 eggs
1/2 c. salad oil	1 sm. can crushed pineapple

Beat first 4 ingredients, then add eggs, one at a time, beating well after each one. Add crushed pineapple and beat. Bake at 350 degrees following baking directions on cake box (usually takes 1 hour to get done, but check after 45-50 minutes).

El Patton

TUNNEL OF FUDGE CAKE

1 3/4 c. sugar	2 1/4 c. all-purpose flour
1 3/4 c. margarine or butter, softened	3/4 c. unsweetened cocoa
6 eggs	2 c. chopped walnuts*
2 c. powdered sugar	

Heat oven to 350 degrees. Grease and flour 12-cup Bundt or 10-inch tube pan. In large bowl combine sugar and margarine; beat until light and fluffy. Add eggs, 1 at a time, beating well after each addition. Gradually add 2 cups powdered sugar; blend well.

Lightly spoon flour and remaining cake ingredients until well blended. Spoon batter into greased and floured pan; spread evenly. Bake at 350 degrees for 58-62 minutes.** Cool upright in pan on wire rack 1 hour; invert onto serving plate. Cool completely.

In small bowl, blend 3/4 cup powdered sugar, 1/3 cup cocoa and enough milk for desired drizzling consistency. Spoon over top of cake, allowing some to run down sides. Store tightly covered. Yield 16 servings.

TIPS: *Nuts are essential for the success of this recipe.

**Since this cake has a soft filling of fudge, an ordinary doneness test cannot be used. Accurate oven temperature and baking time are essential.

Susie Callahan

DINAH'S POUND CAKE

3 c. plain flour	1 c. milk (room temperature)
3 c. sugar	4 tsp. vanilla
3 sticks butter	2 tsp. lemon
5 eggs (6 if small)	1 tsp. baking powder

Cream butter and sugar well. Add eggs one at a time, beating well after each. Mix flour and baking powder. Mix milk and flavorings. Add flour and milk mixtures alternately to creamed mixture beginning and ending with flour. Bake at 350 degrees for 1 1/2 hours. Use large mold.

Dinah Banton

BUTTERMILK POUND CAKE

3 c. plain white flour	2 sticks butter or margarine
3 c. sugar	1/2 c. butter-flavored Crisco
6 eggs	1 1/2 tsp. lemon flavoring
1 c. buttermilk	1 tsp. baking powder

Measure flour in sifted; add baking powder and set aside. Cream softened butter and Crisco until fluffy. Add sugar and blend well. Add eggs one at a time, beating after each addition.

Add lemon flavoring. Next add half the flour mixture with 1/2 cup buttermilk. Blend well, then add remaining flour and milk. Beat until smooth.

Pour into a 9-inch greased tube pan. Bake for 1 1/2 hours in 325 degree oven.

Marie Saunders

CHOCOLATE CHIP COOKIE

1 c. butter, softened	2 1/4 c. unsifted all-purpose flour
3/4 c. sugar	1 tsp. baking soda
3/4 c. packed light brown sugar	1/2 tsp. salt
1 tsp. vanilla	2 c. (12 oz. pkg.) semi-sweet chocolate chips
2 eggs	

Cream butter, sugar, brown sugar, and vanilla until light and fluffy. Add eggs; beat well. Combine flour, baking soda and salt; gradually beat into creamed mixture. Stir in chips and nuts.

Drop by teaspoonfuls onto ungreased cookie sheet. Bake at 375 degrees for 8-10 minutes or until lightly browned. Cool slightly; remove from cookie sheet. Yield: 6 dozen cookies.

Jennifer Merzdorf

*****EXTRA RECIPES*****



D E S S E R T S



DEFINITELY DESSERT

Fudge won't "sugar" if you add a dash of cream of tartar.

Soften "hard as a rock" brown sugar by placing a slice of soft bread or $\frac{1}{2}$ an apple in the package and closing tightly. In a couple hours the brown sugar will be soft again.

Too much sugar in a recipe? Add a few drops of lemon juice or vinegar.

Use a pizza cutter to cut bars or bar-cookies into nice, smooth squares in half the time.

The more eggs yolks in doughnut dough, the less grease they will absorb when fried.

A few potato slices added to the oil will keep doughnuts from burning.

After mixing the dough for doughnuts, put in refrigerator at least 1 hour to make it easier to handle.

Sweetened condensed milk and evaporated milk are entirely different products and **cannot** be used interchangeably in recipes. Sweetened condensed milk is fresh, whole milk with 60% of the water removed and 45% cane sugar added (sugar acts as a preservative). Evaporated milk is whole milk from which water is removed but no sugar added. Sweetened condensed milk has a much thicker consistency and is great for desserts because it will not get "sugary" when heated and will not form ice crystals in frozen desserts. Also, it thickens without heat when combined with an acid such as lemon, orange, pineapple or apple juices.

If you are melting chocolate in a double boiler or a custard cup set in a pan of water, do not boil the water as this will only thicken or curdle the chocolate.

To keep granulated sugar from lumping, place a couple of salt crackers in container and cover tightly.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

The key to successful custard preparation is low heat; high heat causes the eggs to curdle, resulting in lumpy, thin mixtures. Either cook a custard in a double boiler or if cooking over direct heat, always use a heavy saucepan. Stir the mixture constantly with a whisk. Check thickness by lifting the spoon from custard and holding it for 15 to 20 seconds; if the spoon does not show through mixture, the custard has thickened to the correct consistency.



FROZEN PINA COLADA PIE

(Cool Whip Label)

1 (3 oz.) pkg. cream cheese,
softened

1 tbsp. sugar

1/2 c. milk

1 (8 oz.) crushed pineapple,
drained

1 1/3 c. Baker's Angel Flake
coconut

3 1/2 c. Cool Whip

1 (9-inch) graham cracker crust

Combine cream cheese, sugar, milk, $\frac{1}{2}$ cup pineapple and coconut in blender. Cover and blend at medium speed for 30 seconds. Fold into whipped topping. Spoon into crust.

Freeze until firm, about 4 hours. Let stand 5 minutes before cutting. Garnish with remaining pineapple. Pecans can also be used if desired. Store leftover pie in freezer.

Carol Hacker

CREAMY BERRY BURRITOS

1 c. cold milk

1 pkg. (4 serving size) jello
vanilla instant pudding

3 1/2 c. (8 oz.) Cool Whip

2 c. strawberries, sliced

1 tbsp. ground cinnamon

10 (7-inch) flour tortillas

1/2 c. margarine, melted

In a medium bowl combine milk and pudding. Beat with wire whisk for 1 minute, or until blended; let stand 5 minutes. Fold in 2 cups whipped topping. Reserve a few strawberries for garnish; stir the rest into pudding.

In a small bowl combine sugar and cinnamon. Brush both sides of tortillas with margarine. Sprinkle one side of each with sugar mixture. Bake on ungreased cookie sheets, sugar side up, at 350 degrees for 5-7 minutes. Let stand 5 minutes.

Spoon pudding mixture onto center of tortilla. Roll up; top with reserved topping and strawberries. Makes 10 servings.

Terri Willson

SPICED FRUIT

4 Bartlett pears
1/2 lemon, peeled (reserve 1x2 inch piece of peel)
1/4 c. honey

1 c. water
1/4 tsp. ground cinnamon

With a vegetable peeler, peel and core pears leaving stems intact. Place pears in small bowl with just enough water to cover.

In a 2-quart saucepan combine honey and water; bring to boil and cook 5 minutes. Lower heat to simmer. Add lemon peel, cinnamon and drained pears, placing pears in upright position. Cover and cook over medium low heat for 10 minutes or until tender. Cool pears in juices and serve warm or chilled.

Brenda Stading

CHERRIES IN THE SNOW

1 angel food cake
1 regular size Cool Whip
1 (8 oz.) pkg. cream cheese

1 c. sugar
1 can cherry pie filling or fresh cherries

Break angel food cake in pieces and place in dish. Drain and rinse cherries. Stir cherries, cream cheese, sugar and Cool Whip together. Toss together with cake. Refrigerate before serving.

Doris Semmont

BLENDER CHEESE PIE

1 pkg. jello gelatin (any flavor)
1 c. boiling water
1 (3 oz.) pkg. cream cheese (cut into small pieces)

1 c. crushed ice
1 (4 oz.) Cool Whip
1 baked 8 or 9-inch graham cracker crust (cooled)

Combine gelatin and boiling water in electric blender. Cover and blend at low speed until gelatin is dissolved; about 1 minute. Add cream cheese; cover and blend at low speed 30 seconds. Add ice and whipped topping; cover and blend at high speed until ice is melted about 30 seconds. Pour into crust and chill at least 2 hours.

Carol Hacker

BREAD PUDDING

6 slices bread
3 c. milk
3 eggs

3/4 c. sugar
1 tsp. vanilla
Coconut or raisins

Layer bread and raisins in bread pan. Beat eggs, milk, sugar, and vanilla together. Pour over bread. Top with brown sugar and cinnamon. Top this with butter. Bake at 400 degrees for 30-40 minutes.

Betty Rosser

OATMEAL CHIP COOKIES

1 c. shortening
3/4 c. each granulated sugar and packed brown sugar
2 eggs
1 tsp. vanilla
1 1/2 c. all-purpose flour
1 tsp. each salt and baking powder

1 tbsp. hot water
2 c. oatmeal
1 c. chopped walnuts
1 c. semi-sweet chocolate chips
Sugar for flattening cookies

In mixing bowl cream the shortening and sugars; stir in eggs and vanilla; mix well. Combine remaining ingredients in separate bowl; add to butter mixture. Stir until well combined.

Use a 1/3 measuring cup, spoon in batter and turn onto greased cookie sheet. Space cookies 6 inches apart and 2 inches from sides of pan. To flatten cookies, lightly grease bottom of a pie pan. Dip into sugar and flatten cookies to 4-inches in diameter.

Bake at 350 degrees for 12 minutes or until done. Cool. Store in air-tight container. Yield: 15 jumbo cookies.

Brenda Stading

CREAMY ORANGE DIP

1 (8 oz.) pkg. cream cheese, soft
1 (7 oz.) jar marshmallow creme
2 tbsp. grated orange peel

1/4 c. orange juice
1/4 tsp. ground ginger

Combine all ingredients; beat until smooth. Serve with strawberries and angel food cake cubes. Makes 1 1/2 cups.

Brenda Stading

PEACH - JELLO DESSERT OR SALAD

1 lg. can drained peaches
1 lg. or 2 sm. pkg. peach jello

1 lg. container frozen whipped topping

Drain peaches; save juice. Cut peaches in small pieces. Make jello with the amount of hot water on box. Use juice of peaches and enough cold water to make required amount of cold liquid. Mix whipped topping in while jello is hot.

Desserts 39

Mixes better if you use a whisk or something to make it mix well. Add peaches; pour in a 2 or 3-quart dish and refrigerate until firm. Use as salad or dessert.

Ruth Thompson

LEMON CHESS PIE

3 level tbsp. flour
3 eggs
1/2 c. butter

1 c. sugar
Juice of 1 lemon
Unbaked pie shell

Cream butter, sugar, and flour. Add eggs, one at a time, beating well. Add lemon juice. Bake at 350 degrees for 30-40 minutes. Yields one pie.

Gertrude Thompson

COOL WHIP CRAZY CAKES

1/2 c. sugar
1 (8 oz.) pkg. cream cheese
1/2 c. milk
2 tsp. vanilla

3 1/2 c. (8 oz.) Cool Whip
12 sponge cake shells
Strawberries

Mix sugar and cream cheese into a bowl. Gradually beat in milk until well blended and smooth. Stir in whipped topping; mix well. Spoon about 1/3 cup of mixture into each shell. Garnish as desired. Requires refrigeration.

Terri Willson

ALL PURPOSE PIE

1 can sweetened condensed milk 1/2 to 1 c. crushed pecans
3 tbsp. lemon juice 1 (9 oz.) Cool Whip
1 lg. can crushed pineapple

Drain pineapple; mix all ingredients together and pour mixture into graham cracker pie crusts. Chill for several hours. Serve.

Linda Gayle Oliff

COCONUT POUND CAKE

1 box Duncan Hines deluxe yellow cake mix
1 sm. box instant vanilla pudding
1/2 c. Wesson oil

1 c. water
2 tsp. coconut flavoring
4 eggs

Beat well, then fold in 1 1/2 cups coconut (1 small can). Bake in greased and floured tube pan for 1 hour at 300 degrees. Let cool in pan for 15 minutes. Remove from pan and spoon topping over cake.

TOPPING:

1 c. water
1 c. sugar
2 tsp. butter

2 tsp. white corn syrup
1/2 tsp. coconut flavoring
1/2 tsp. vanilla

Combine ingredients and bring to a boil. Spoon on. (Coconut flavoring a must.)

Carolyn Hollie

FRESH STRAWBERRY PIE

1 c. sugar
1 c. water
3 tbsp. cornstarch
2 tbsp. light corn syrup

2 tbsp. strawberry jello powder
1 qt. fresh strawberries, sliced
Whipped cream

Mix sugar, water, cornstarch and corn syrup and cook 5 minutes or until thick. Add jello powder and red food coloring (as desired). Cool. Pour over fresh sliced strawberries and pour into baked pie shell. Refrigerate and serve with whipped cream.

Mildred Loudy

RAISIN CREAM PIE

2 c. milk
3 egg yolks
1 tsp. vanilla
1 tbsp. butter
1/2 c. sugar

1/4 tsp. salt
1 c. raisins
1/4 c. flour
1 unbaked pie shell

Use double boiler. Beat egg yolks into milk. Combine sugar, flour, and salt; slowly add sugar mixture to milk. Mix well. Add raisins. Cook in top of double boiler, stirring until thick. Add butter and vanilla and cool.

Spread in crust; top with meringue. Brown lightly in 325 degree oven about 15 minutes.

Loretta Merricks

CHEESECAKE

1 (8 oz.) pkg. cream cheese	1 sm. can crushed pineapple
1 c. sugar	1 lg. can milk
1 (3 oz.) lemon jello juice from 1/2 lemon	1 c. hot water

Dissolve jello and lemon juice in hot water (let cool). Cream cheese and 1 cup of sugar. Chill milk until very cold, then whip until stands in peaks. Add jello-cream cheese mixture and pineapple; mix well. Pour in graham cracker crust. Save a few crumbs to go on top.

GRAHAM CRACKER CRUST:

2 c. graham crackers	1 stick margarine
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Mrs. Bobby Merricks

LEMON CHESS PIE

4 eggs	1/4 c. milk
2 c. sugar	1/3 c. milk juice
1 tbsp. flour	1 tbsp. grated lemon peel (if desired)
1 tbsp. corn meal	Unbaked pie shell
1/4 c. melted butter or margarine	

Beat eggs; add butter, milk and lemon juice. Add dry ingredients and mix well. Pour into an unbaked pie shell and bake at 350 degrees until firm.

Mildred Loudy

JENNY'S COCONUT PIE

2 eggs	1 stick melted and cooled margarine
1 1/4 c. sugar	1 box or can flaked coconut
1 c. milk	1 tbsp. flour
1 tsp. vanilla	Dash salt

Beat eggs; add other ingredients one at a time. Bake in unbaked pie shell at 300 degrees for 45 minutes. If frozen pie shells are used, this recipe will make 2 pies with the addition of 1/4 cup sugar, 1/2 cup milk and 1 tablespoon flour (and use large package of coconut).

Linda Gayle Oliff

ROCKY ROAD PIE

1 1/2 c. milk	1 pkg. (4 serving size) jello chocolate or chocolate fudge flavor instant pudding	1/3 c. miniature marshmallows
3 1/2 c. (8 oz.) Cool Whip		1/3 c. chopped nuts
		1 graham cracker crumb pie shell

In a large bowl combine light cream and pie filling mix. Beta with wire whisk for 1 minute or until well blended. Let stand 5 minutes. Fold in whipped topping, chocolate chips, marshmallows and nuts.

Spoon into the pie shell. Freeze 6 hours or until firm. Remove from freezer and let stand about 10 minutes to soften before serving. Store leftover in freezer.

Terri Willson

BANANA PUDDING

3/4 c. sugar	2 c. milk
3 tbsp. all-purpose flour	1/2 tsp. vanilla
Dash of salt	Vanilla wafers
4 eggs	5-6 med. fully ripe bananas

Combine 1/2 cup sugar, flour and salt in top of double boiler. Mix in 1 whole egg and 3 egg yolks. Stir in milk. Cook uncovered, over boiling water, stirring constantly until thickened. Remove from heat and add vanilla.

Spread small amount of pudding on bottom of 1 1/2-quart casserole. Cover with a layer of vanilla wafers. Top with a layer of sliced bananas. Pour about 1/3 of custard over bananas. Continue to layer vanilla wafers, bananas and custard to make 3 layers of each, ending with custard.

Beat remaining 3 egg whites stiff but not dry and add remaining 1/4 cup sugar. Beat until mixture forms stiff peaks. Pile on top of pudding, covering entire surface.

Bake in preheated oven (425 degrees) about 5 minutes or until delicately browned. (This is the recipe my mother used in the 1930's when I was a child and it is still my favorite.)

Mildred Loudy

STRAWBERRY PIE

1 c. sugar	2 c. water
3 tbsp. cornstarch	1 qt. strawberries
1 pkg. wild strawberry jello	Whipped cream
2 baked pie shells	

Mix sugar, cornstarch, and jello thoroughly; add water. Bring to a full boil in a large pan. Remove from heat and cool. Add 1 quart strawberries. Put in 2 baked pie shells. Chill. Top with whipped cream.

*Mary Lee Shelton
Altavista*

LEMON SOUR CREAM POUND CAKE

1 c. butter, softened	1/4 c. milk
1/2 c. shortening	3 c. all-purpose flour
3 c. sugar	1/2 tsp. baking powder
5 eggs	2 tsp. lemon extract
1 (8 oz.) carton sour cream	1 tsp. vanilla extract

Cream butter and shortening; gradually add sugar, beating well at medium speed of electric mixer. Add eggs, 1 at a time, beating after each addition.

Combine sour cream and milk; stir until smooth. Combine flour and baking powder; add to creamed mixture alternately with sour cream mix, beginning and ending with flour mixture. Mix just until blended after each addition. Stir in lemon and vanilla extracts.

Pour batter into greased and floured large Bundt pan or tube pan. Bake at 325 degrees approximately 1 hour 45 minutes.

Brenda Stading

PECAN PIE

3 eggs, lightly beaten	1/4 tsp. salt
1 c. sugar	1 tsp. vanilla
1 c. dark corn syrup	1 c. pecans
2 tbsp. margarine, melted	1 unbaked 9-inch pie shell

Preheat oven to 375 degrees. Combine eggs, sugar, corn syrup, butter, salt and vanilla in bowl; blend until smooth. Stir in pecans. Pour into pie shell. Bake 40-45 minutes or until filling is set. Cool in pan on wire rack.

Juanita West

APPLE DAPPLE CAKE

2 c. white sugar	1 c. nuts
2 c. plain flour	1 c. raisins
1 c. Wesson oil	3 c. diced apples
1 tsp. salt	3 eggs
1 tsp. soda	2 tsp. vanilla
3 eggs	

Combine all ingredients and mix well. Bake in a 9x13 inch pan or tube pan at 350 degrees for 45 minutes.

FROSTING:

1 c. brown sugar	1/4 c. milk
1 stick margarine	

Combine all ingredients; boil 3 minutes. Pour over cake.

Juanita West

BANANA PUDDING

1 lg. instant vanilla pudding	1 lg. Cool Whip
2 c. milk	4 lg. bananas
1 (6 oz.) sour cream	Vanilla wafers

Beat together pudding and 2 cups milk; set aside. Beat together sour cream and Cool Whip, then beat all 4 ingredients together. Layer with vanilla wafers and bananas in baking dish. Chill. Good.

FRUIT COBBLER

2 c. peaches, berries, etc.	2 tsp. baking powder
1-1 1/2 c. sugar	1/4 tsp. salt
1/2 stick butter	3/4 c. milk
3/4 c. flour	

Mix fruit with 1/2 to 3/4 cup sugar (omit this sugar if fruit is pre-sweetened). Melt butter in 2-quart casserole. Mix dry ingredients together and then add milk. Pour flour mix onto melted butter (do not stir).

Spoon fruit onto flour mixture (do not stir) and bake. For fluffy cobbler, do not allow it to boil during early cooking period. Cook in microwave on BAKE for about 13 minutes or in 325 degree oven for 45-55 minutes.

Dottie Richardson

LUCY'S STRAWBERRY PIE

1 c. sugar	1 qt. strawberries
1 c. water	5 tbsp. strawberry flavored
4 tbsp. cornstarch	jello

Place sugar and water in saucepan; add cornstarch and place on medium heat. Cook, stirring constantly, until mixture thickens and comes to a bubbling boil. Remove from heat, add jello and stir until powder is mixed. Pour over sliced berries into pre-baked pie shell. Cool overnight.

Lucille Petty

CHOCOLATE PIE

BOWL 1:

1 to 1 1/2 sticks melted
margarine

BOWL 2:

4 eggs	1 c. evaporated milk
1 c. sugar	3/4 c. Hershey's cocoa
2 c. light brown sugar	2 tsp. vanilla

Mix all of Bowl 2 together; pour into bowl 1. Blend well. Pour into unbaked pie shells. Bake at 350 degrees for 45 minutes. Makes 2 pies.

Linda Gayle Oliff

LEMON MERINGUE PIE

1 c. sugar	1/4 c. lemon juice
1/4 c. cornstarch	1 tbsp. margarine
1 1/2 c. cold water	1 baked 9-inch pie shell
3 egg yolks, slightly beaten	3 egg whites
Grated rind of 1 lemon	1/3 c. sugar

Preheat oven to 350 degrees. Combine 1 cup sugar and cornstarch. Gradually stir in water until smooth. Stir in egg yolks. Stirring constantly, bring to boil over medium heat and boil for 1 minute. Remove from heat. Stir in next 3 ingredients. Spoon hot filling into pie shell.

In small bowl beat egg whites at high speed until foamy. Gradually beat in 1/3 cup sugar; continue beating until stiff peaks form. Spread meringue over filling. Bake at 350 degrees until brown.

Carol Merricks

LEMON LUSH (CHOCOLATE LUSH)

1 stick margarine	2 sm. pkgs. instant pudding
1 c. self-rising flour	(lemon OR chocolate)
Dash of salt	1 c. confectioners sugar
1/2 c. chopped pecans	8 oz. cream cheese
3 c. cold milk	8 oz. carton Cool Whip

Use first 4 ingredients and make crust in 9x13x2 baking dish. Bake 15 minutes at 350 degrees.

Mix confectioners sugar with softened cream cheese and Cool Whip. Spread this over cooled crust. Important -crust must be COOL!

Mix cold milk and pudding well - pour over* cream cheese mixture. Chill before serving.

*You may want to use a 12-ounce package of Cool whip and save some to spread over top of pudding.

Betsy Martin

BUTTERBALL COFFEE CAKE

1 pkg. 24 frozen rolls	4 tbsp. butterscotch pudding,
1/2 c. butter	not instant
1/2 c. brown sugar	1/2 c. chopped pecans
	Cinnamon, few shakes

Use a greased Bundt pan. Place rolls in pan; sprinkle with pudding, cinnamon, and nuts. Pour butter over this; sprinkle on brown sugar. Cover with foil and leave overnight to rise.

Bake 30 minutes at 350 degrees. Turn upside down immediately upon remaining from oven. Delicious.

Betsy Martin

LEMON BON BONS

1 egg	1 pkg. lemon cake mix
1/2 c. shortening	1 can lemon frosting
1/3 c. margarine, softened	Pecans halves optional
1 tsp. vanilla	

Beat egg, shortening, butter and vanilla. Add 1/2 cake mix - dry; beat until smooth. Stir in remaining cake mix. If dough is too dry to work with, mix 1 to 1 1/2 tablespoons water.

Shape dough into 1 to 1 1/2-inch balls; place 2 inches apart on ungreased cookie sheet. Bake at 350 degrees for 8-10 minutes. Frost. Makes 4 dozen cookies.

Betsy Martin

PUMPKIN PIE

1/2 c. honey	1 can pumpkin
1/2 c. Bisquick	2 1/2 tsp. pumpkin pie spice
2 tbsp. margarine	2 tsp. vanilla
1 can evaporated milk	1/2 tsp. salt
2 eggs	

Heat oven to 350 degrees. Grease pie plate (9x1 1/4 inches). Beat all ingredients until smooth (1 minute in blender or 2 minutes with mixer). Bake 50-55 minutes.

Reva Arnold

CHOCOLATE CHIP CHEESE DESSERT

Use 1 roll of frozen cookie dough. Butter pie pan or square pan. Line pan with 1/2 of the chocolate chip roll (cut in 1/4's).

In bowl mix:

1 (8 oz.) pkg. Philadelphia cream cheese, softened	1 egg
1/3 c. sugar	Mixed nuts or coconut, if desired
3/4 tbsp. vanilla	

Pour into pan with cookie dough. On top of that, cover with another layer of frozen cookie dough cut in 1/4's. Place in oven at 375 degrees for 30 minutes.

Reva Arnold

ANGEL FOOD PIE

1 c. pineapple (crushed)	1 c. sugar
1 c. water	2 1/2 tbsp. cornstarch

Cook until thick. Let mixture get cold. Fold in 3 egg whites beaten stiff. Put in baked pie shells. Top with whipped cream and nut meat or toasted coconut. Easy and good!

Bonnie Stephens

CHOCOLATE SURPRISE PUDDING

1/4 c. margarine	2 2/2 tsp. baking powder
3/4 c. sugar	1/2 tsp. salt
1 1/2 c. plain flour	3/4 c. nuts
3/4 c. milk	

Cream butter and sugar. Stir flour, baking powder and salt together. Add alternately with milk to creamed mixture. Add nuts and mix well. Pour into 8x8x2 pan.

Blend together:

1/4 c. cocoa	1 c. brown sugar
1/4 tsp. salt	

Sprinkle over batter evenly. Pour 1 cup boiling water over all. DO NOT BLEND! Bake at 375 degrees for 25-30 minutes or until pick inserted in center comes out clean.

Carol Merricks

CHOCOLATE PIE

1 stick butter	1/4 tsp. salt
1 1/2 oz. Baker's unsweetened chocolate	2 eggs
1 c. sugar	1 tsp. vanilla
1 tbsp. milk	2 (9-inch) pie shells

Melt one stick butter over medium heat. Melt chocolate; add 1 cup sugar, milk and salt. Stir until smooth. Beat 2 eggs. Remove from heat; add eggs slowly. Add 1 teaspoon vanilla.

Pour into 2 9-inch unbaked pie shells. Bake at 350 degrees for 30 minutes or until done.

Teresa Dinkins

PINK PANTHER SALAD

1 can cherry pie filling	1 can Eagle Brand condensed milk
1 (#2) can crushed pineapple, drained well	1 can coconut
1 c. chopped pecans	1 (4 oz.) Cool Whip

Mix together and refrigerate.

Norma Farrar

DEEP DISH APPLE PIE

8 med. sized apples	1/4 tsp. ground nutmeg
1 1/2 c. sugar	3 tbsp. butter
3 tbsp. flour	1 pastry recipe
1/2 tsp. ground cinnamon	

Pare and core apples; slice very thin. Combine sugar, flour and spices; mix with apples. Arrange in a 9-inch deep-dish pie plate. Dot with butter. Place crust on top. Bake at 350 degrees for 1 hour.

Marie Saunders

EGG CUSTARD PIE

4 eggs	Pinch of salt
1 1/4 c. sugar	1 tbsp. melted butter
1 1/2 c. milk	1 tsp. vanilla

Beat eggs well; add sugar and salt; beat. Add milk and vanilla. Pour into uncooked pie shell. Add melted butter on top. Sprinkle with nutmeg if desired. Bake at 350 degrees for 1 hour.

Marie Saunders

MILLION DOLLAR COBBLER

1 c. sugar	1 stick butter
1 c. flour (self-rising)	1 qt. fruit
1 c. milk	

Melt butter in 2-quart casserole dish; set aside. Mix sugar, flour, and milk. Put 1 quart of any kind fruit in butter in casserole. Pour flour mixture over fruit. Do not stir. Sprinkle with favorite spice. Bake at 350 degrees for 1 hour or until brown.

Gloria Bryant

OATMEAL PIE

2 eggs	6 tbsp. melted butter
3/4 c. sugar	6 tbsp. milk
1/2 c. green label Karo syrup	1/2 c. coconut
1/2 c. oatmeal	1/2 c. chopped pecans

Beat eggs; add remaining ingredients and pour into frozen pie shell. Bake 45 minutes or until set at 350 degrees.

Jean M. Anneski

CHOCOLATE PIE

1 c. butter	4 eggs
2 c. sugar	1 c. cream
1 (6 oz.) pkg. semi-sweet	1 tsp. vanilla
chocolate tidbits	
1 sq. chocolate	

Cream butter; add sugar and beat. Add beaten eggs; add cream and vanilla. Melt chocolate over hot water; add to mixture. Pour into 2 deep unbaked pastry shells. Cook at 300 degrees for 1 hour.

Nancy Calahan

KATIE'S COOKIES

1 c. sugar	1 tsp. vanilla
2 tbsp. butter	3 tbsp. cocoa (Hershey's)
1/3 c. milk	1/2 c. peanut butter
3 c. quick oatmeal	

Boil vanilla, cocoa, sugar, butter, and milk for 2 minutes. Remove from heat and add peanut butter; mix quickly. Add oatmeal; stir thoroughly. Drop by teaspoon on waxed paper and cool.

Eva Lucado

CHEESEBURGER PIE

1 lb. hamburger	8 oz. tomato sauce
1/2 tsp. oregano	1/4 c. chopped onions
1/4 tsp. pepper	1/4 c. chopped green peppers
1 tsp. salt	1/2 c. bread crumbs

Brown hamburger and add the above ingredients. Mix well together and pour into an uncooked pie shell.

TOPPING:

8 oz. medium cheese, grated	1/2 tsp. Worcestershire sauce
1 egg, beaten	1/2 tsp. salt
1/2 tsp. mustard	

Mix well and pour on top of hamburger mixture. Bake at 425 degrees for about 35 minutes.

Rachel Osborne

BANANA PUDDING

3-4 med. bananas, sliced
2 pkgs. lg. vanilla instant
pudding mix
4 c. cold milk or whatever on
pkg.

1 (8 oz.) Cool Whip
1 box vanilla wafers
2 qt. casserole dish

Mix pudding with milk until blended. Fold in Cool Whip. Layer cookie, sliced bananas, pudding mix; keep layering - end with cookies.

Nina Anderson

STRAWBERRY STUFF

1 angel food cake
1 pkg. strawberry glaze
8 oz. cream cheese

1 c. confectioners sugar
Lg. Cool Whip

Mix strawberries and glaze and set aside. Mix cream cheese and sugar; fold in Cool Whip. Spread some Cool Whip mixture on bottom of pan. Cut cake in about 30 slices.

Place pieces of cake on top of Cool Whip. Do another layer of Cool Whip. Spread 1/2 strawberry mixture on that, then on another layer of cake, Cool Whip, and top with berries.

Mary Pillow

MAPLE - PECAN PIE

3 eggs
1 c. maple syrup OR maple
flavored syrup
1 tsp. vanilla

1 c. coarsely chopped pecans
1 unbaked 9-inch pastry shell

Beat eggs slightly in large bowl. Stir in sugar, syrup and vanilla. Stir in pecans. Pour into unbaked shell. Cover edges with foil. Bake at 350 degrees for 25 minute; remove foil. Bake 25 minutes more or until knife comes out clean.

Terri Willson

FRESH STRAWBERRY CAKE

1 box white cake mix
1 box strawberry jello
1/2 c. salad oil

1/4 c. water
4 eggs
1 c. mashed strawberries

Mix jello and cake mix. Beat eggs; add salad oil and water in separate bowl. Add to cake mix and beat. Add strawberries and beat. Bake at 350 degrees approximately 40 minutes. Beat baked in a loaf pan. Easy to make.

FROSTING:

2 c. powdered sugar
1/2 stick butter

1/8 c. mashed strawberries

Mix well and spread over cake.

Bonnie Stephens

APPLE CRISP PIE

1 1/2 c. flour
1 1/2 c. sugar and 1/4 c. sugar in
bottom of pie crust

1 stick margarine plus 3 tbsp.
Deep dish pie crust (thawed)

Sift flour and sugar together. Then mix margarine like making pie crust until crumbly. Put sliced apples in pie crust after putting 1/4 cup sugar in bottom of crust. Then press flour mixture on top of apples, which should be a little above level. Then sprinkle cinnamon on top and cook about 40 minutes at 375 degrees.

Fannie P. Tinsley

RICE PUDDING

2 c. rice
4 eggs
1 1/3 c. sugar

3 c. milk
1 tsp. vanilla or nutmeg
1/2 c. raisins rolled in flour
(omit if desired)

Cook rice; drain. Beat eggs and sugar together. Add milk; beat well after each. Add to rice. Bake in 350 degree oven 30-45 minutes. Test after 30 minutes.

Christine Owen

MILLION DOLLAR POUND CAKE

3 c. sugar
1 lb. margarine
1/2 tsp. baking powder
1/2 tsp. salt
4 c. unsifted plain flour

3/4 c. milk
6 eggs
1 tbsp. lemon extract
1 tbsp. vanilla extract

Combine sugar and margarine; cream until light and fluffy. Add eggs one at a time, beating well after each addition. Add flour to cream mixture alternately with milk, beating well after each. Stir in flavoring.

Pour batter into a well-greased and floured 10-inch tube pan. Bake 1 hour and 20 minutes at 300 degrees.

Tracy Staton

BUTTER PECAN ICE CREAM

4 eggs	1 lg. pkg. butter pecans
1 1/2 c. sugar	Instant pudding mix
1 tbsp. vanilla	1 can milnot
1/2 tsp. maple flavoring	1 pt. half and half plus milk

Beat eggs until thick and creamy. Add sugar and beat. Add extracts. Stir in pudding mix and milnot and half and half. Stir and put in freezer can and add whole milk to make 1 gallon. Leave 2 1/2 inches at top of can for freezing.

NOTE: To be frozen in either an electric or crank ice cream freezer.
Della Arnold

CRAZY COBBLER

1 qt. fruit, any canned, frozen, or fresh kind	2 c. flour
1 1/4 c. sugar	1 1/2 c. milk or fruit juice
1 stick margarine	

Melt margarine in a casserole dish. In a separate container, mix sugar, flour and mil together. Pour the flour mixture on top of the melted margarine. Put fruit on TOP of batter. DO NOT STIR!

Cook slow and batter will rise to the top to form a crust. Cook at 350 degrees for about 1 hour or until batter turns clear and brown on top.

Rachel Osborne

NO-CRUST APPLE PIE

3/4 c. sugar	1 tsp. baking powder
1/2 c. flour	1/2 tsp. vanilla
1 egg	1/2 c. chopped nuts
1/4 tsp. cinnamon	1 c. peeled apples, chopped
1/4 tsp. nutmeg	

Mix sugar, flour, and eggs. Add cinnamon, nutmeg, baking powder, vanilla and salt; blend well. Stir in nuts and apples. Pour into 9-inch pie pan. Bake at 350 degrees for about 30 minutes. Allow to cool for 10 minutes before serving.

Maggie E. Donigan

PERUVIAN POUND CAKE

2 c. commercial sour cream	1/2 tsp. vanilla
1/4 c. lemon juice	2 (16 oz.) cans sliced peaches, drained
2 tbsp. sugar	Pound or angel food cake, sliced

Combine sour cream, lemon juice, sugar and vanilla. Chill to blend flavors. Serve peaches over cake. Top with sour cream mixture. Yield 12 servings. (Fresh peaches can be substitute for canned peaches.)

Maggie E. Donigan

STRAWBERRY CAKE

1 box white cake mix	3/4 c. water (cold)
2 tbsp. flour	4 eggs
1 box strawberry jello	3/4 c. strawberries (not too soupy)
3/4 c. Wesson oil	

Bake cake at 350 degrees for approximately 30 minutes.

ICING:

1 stick butter, melted	1 c. strawberries (drained, NO juice)
1 lb. confectioners sugar	

Mix with electric mixer! Put half of icing on cake while hot. Let cake cool (put rest of icing in refrigerator). After cake is cool, finish icing.

Judy Dawson

PRETZEL SALAD

LAYER 1:

3 tbsp. sugar	2 c. pretzels, crushed
3/4 c. margarine	

Melt margarine; combine with sugar and pretzels. Press into bottom of 9x13 pan. Bake at 400 degrees for 8 minutes. Cool.

LAYER 2:

1 (8 oz.) pkg. cream cheese 1 lg. Cool Whip
1 c. sugar

Cream cream cheese and sugar. Fold in Cool Whip. Mix until creamy. Spread on "cooled" pretzel layer.

LAYER 3:

1 lg. pkg. strawberry jello 2 (10 oz.) pkgs. frozen strawberries

Add 2 cups of boiling water to jello. Dissolve. Add frozen strawberries. Let thicken slightly. May take a while. Put in refrigerator if in a hurry. Pour over Layer 2. Cool. Serves 12.

Judy Dawson

GRAHAM CRACKER SQUARES

1 box graham crackers 1/2 c. milk
2 sticks margarine 1 c. graham cracker crumbs
1 c. sugar 1 c. nuts (pecan)
1 egg beaten 1 c. coconut

Cover bottom of 13x9x2 pan with whole graham crackers. Melt margarine in saucepan; add sugar. Mix egg with milk and add to the margarine and sugar mixture. Cook until slightly thickened. Stir in nuts, crumbs and coconut. Spread on top of the whole graham crackers in pan. Top with whole graham crackers.

ICING:

1 stick margarine 1 tbsp. milk
2 c. confectioners sugar 1/2 tbsp. vanilla

Melt margarine and take off stove. Add sugar, milk and vanilla. Mix until smooth. Spread on top of graham crackers. Refrigerate. Cut into 1-inch squares when cool.

NOTE: If mixture is not smooth, add a few drops of milk at a time until smooth.

Judy Dawson

NO BAKE BANANA PUDDING

2 (3.4 oz.) pkg. vanilla instant pudding mix Vanilla wafers
1 (8 oz.) c. sour cream 3 lg. bananas
3 1/2 c. milk 1 (8 oz.) carton frozen whipped topping, thawed

Combine first 3 ingredients in a large bowl. Beat at low speed with electric mixer 2 minutes or until thickened. Line bottom and sides of a 3-quart bowl with vanilla wafers. Slice 1 banana and layer over wafers. Spoon 1/3 of pudding mixture over bananas.

Repeat layers with vanilla wafers, bananas and pudding twice. Chill. Spread whipped topping over custard. Yield: 10-12 servings.

Dot Giles

COCONUT CREME CAKE

1 c. sugar 8 oz. sour cream
6 oz. coconut 8 oz. Cool Whip
1 box butter cake mix

Prepare cake mix according to directions on box. Bake in 2 (8-inch) pans. After cooling, split both layers. Blend together sugar, sour cream, coconut and Cool Whip. Spread mixture between layers and over top and sides. Refrigerate overnight before serving.

Alva Cocke

CHOCOLATE ECLAIR CAKE

1 big box graham crackers 9 oz. Cool Whip
2 pkgs. French vanilla pudding 1 can of chocolate sour cream
4 c. milk icing

Combine 4 cups milk with French vanilla pudding. Fold in 9 ounces Cool Whip; alternate layers of pudding and crackers starting with graham and ending with pudding. Then put sour cream icing on top.

Vernelle Granger

VANILLA ICE CREAM

4 eggs 2 cans sweetened condensed milk
1 c. sugar 1 1/2 qt. milk
2 tbsp. vanilla 1/2 pt. whipping cream

Mix eggs, whipping cream, sugar and vanilla with mixer. Pour into can of ice cream freezer; add sweetened condensed milk and milk. Mix well and begin freezing in ice cream freezer. Takes about 20 minutes or until ice cream maker stalls in that length of time. (Makes 4 quarts.)
Carol Hacker

GERMAN CHOCOLATE PIE

1 stick of butter	1 tsp. cornstarch
4 c. white sugar	1 can coconut
1/2 c. cocoa	1 c. nuts
2 tsp. flour	1 can milk (Carnation)
6 eggs	

Mix all together and bake 45 minutes. Makes 3 pies. Bake at 350 degrees for 45 minutes.

Carolyn Hollie

COOKIE MOUSSE

24 chocolate chip cookies (large)	2 med. containers of Cool Whip
2 c. milk	

Dip 12 cookies in milk and put in 9x12 baking dish. Cover with one container of Cool Whip. Repeat procedure. Chill 1 hour before serving. Serves 12.

The Masters Inn

PASTEL CUPCAKES

1 pkg. white cake mix	6 tbsp. butter or margarine
1 (32 oz.) pkg. jello (any flavor)	3 c. confectioners sugar
1/4 c. boiling water	

Prepare cake mix as directed for cupcakes. Add 4 tablespoons jello before beating. You can divide batter and use 2 different kinds of jello; decrease amount to 2 tablespoons to each half. Bake as directed. Cool 10 minutes in pans and finish cooling on racks.

Dissolve remaining jello in boiling water. Cream butter and add part sugar gradually, blending after each addition. Beat until smooth. Spread and top cupcakes as desired. Makes 24-30 cupcakes.

Carol Hacker



SIX LAYER BARS

1/2 c. margarine or butter	1 1/2 c. flaked coconut
1/2 c. chopped nuts	14 oz. can sweetened condensed milk
6 oz. pkg. semi-sweet chocolate chips	1 1/2 c. (24 squares) graham cracker crumbs

Heat oven to 350 degrees. In 13x9 inch pan melt margarine while heating oven. Combine graham cracker crumbs with margarine. Press on bottom of pan. Sprinkle with layer of nuts, chocolate chips and coconut. Pour sweetened condensed milk over coconut.

Bake at 350 degrees for 20-30 minutes or until lightly browned. Cool; cut into bars. Makes 36 bars.

Jennifer Merzdorf

APPLE CRISP

1/4 c. butter or margarine	1/2 tsp. cinnamon
1 c. brown sugar	1/2 tsp. nutmeg
1/2 c. sifted flour	1/4 tsp. salt 5-6 coarsely sliced apples

Fill 8 or 9-inch square pan full of apples. Sprinkle mixture over apples. Bake uncovered at 350 degrees for 50-60 minutes. Serve warm with whipped cream or ice cream. (If apples are real bitter, you may want to add more than 1 cup sugar!)

Jane Stephens ???

WHITE PIE

3/4 c. sugar	1 tbsp. cornstarch
2 c. milk	2 egg whites
1/2 c. flour	1/4 c. sugar

Mix ingredients together. Cook until thick; cool. Beat 2 egg whites until very stiff. Beat into stiffly beaten whites 1/4 cup sugar. Fold egg whites into cooled custard; pour into baked pie shell. Top with Cool Whip and chopped nuts.

Edith Gifford

CHERRY WHIP CREAM PIE

Bake crust and cool thoroughly.

1 (3 oz.) pkg. cream cheese, softened to room temperature	1/2 pt. whipped cream (stiff) Dash salt
1/2 c. powdered sugar, sifted	

Add sifted powdered sugar to softened cream cheese; fold all ingredients together. Put in crust. Pour on top 1 can Lucky Leaf (or any cherry pie mix in a can) prepared cherry pie filling. Place in refrigerator and chill well.

Aunt Vera

QUICK PEACH DESSERT

Put 1 large can sliced peaches, juice and all, in an 8x8 buttered pan. Cover with 1 box of dry lemon cake mix. Melt 1 stick of oleo and pour over cake mix. Add nuts if desired. Bake in 350 degree oven for 40 minutes. Serve, topped with whipped cream.

Mardelle Williams

SOUTHERN PECAN PIE

1 c. sugar	3 eggs, well beaten
1/2 c. corn syrup	1 c. or more pecan halves
1/4 c. butter, melted	1 unbaked 9-inch pie shell

Mix sugar, syrup and butter; add eggs and pecans. Fill unbaked pie shell with mixture and bake in moderately hot oven (400 degrees) for 10 minutes. Reduce heat to 350 degrees and continue to bake for 35 minutes or until done.

Bonnie Stephens

JIMMY CARTER PEANUT BUTTER PIE

1 (8 oz.) pkg. Philadelphia cream cheese	1/2 c. milk
1 c. powdered sugar	1 (9 oz.) Cool Whip
3/4 c. crunchy peanut butter	2 graham cracker or chocolate crust pie shells

Whip cream cheese until soft and fluffy. Beat in peanut butter. Add sugar and milk; slowly add frozen topping. Pour into crust. Sprinkle on top 1/4 cup crushed peanuts or nuts.

Place in freeze and freeze after covering with Handiwrap or plastic top on ready-made crusts. Will keep a long time.

Mrs. Mudd

EXQUISITE PIE

1 c. sugar	1/2 c. coconut
1/2 stick margarine	Dash salt
3 eggs	1 1/2 tsp. vinegar
1/2 c. chopped pecans	1 tsp. vanilla
1/2 c. raisins	

Cream margarine and sugar together. Add eggs and mix well. Pour into pie shell. Bake at 225 degrees for 30-40 minutes.

Ivilee Dalton

PECAN PIE

1 stick butter	2 tsp. vinegar
3 tbsp. flour	1 1/2 tsp. vanilla
1 box brown sugar	1 c. broken pecans
6 tbsp. milk	2 unbaked cream cheese pie crusts
3 eggs	

Melt butter; set aside. Mix flour and sugar together; add milk, egg, vinegar, and vanilla. Beat well. Add butter and pecans. Pour into crust. Place in a cold oven. Bake at 300 degrees for 30-40 minutes.

DOUBLE FUDGE SAUCEPAN BROWNIE

1/2 c. sugar	1 tsp. vanilla
2 tbsp. butter or margarine	2/3 c. unsifted all-purpose flour
2 tbsp. water	1/4 tsp. baking soda
12 oz. pkg. semi-sweet chocolate chips	1/4 tsp. salt
2 eggs, slightly beaten	1/2 c. chopped nuts, optional

Cook sugar, butter and water in medium saucepan over low heat, stirring constantly until mixture boils. Remove from heat; immediately stir in 1 cup chips, stirring until melted. Stir in eggs and vanilla until blended.

Combine flour, baking soda and salt; add to chocolate mixture. Stir in 1 cup chips and the nuts. Pour into greased 9-inch square pan. Bake at 325 degrees for 25-30 minutes. Cool completely; cut into bars. Makes 1 1/2 dozen bars.

Jennifer Merzdorf

APPLE PIE

3 c. peeled, sliced apples	3 tbsp. water
1 c. sugar	Margarine pats
3 tbsp. flour	Unbaked crust
1/2 tsp. cinnamon	

Mix sugar, flour, cinnamon. Place 4-6 thin pats of margarine around pie crust. Sprinkle with some of the sugar mixture; add apples and more of the sugar mixture. Place 4-6 thin pats of margarine around top of pie; add any remaining sugar. Sprinkle with the water.

Place top crust on pie; crimp edges and cut vents. Place pan on cookie sheet or large piece of foil to catch any possible spillage while baking. Bake in hot oven (450 degrees) for 10 minutes. Turn oven down to 350 degrees and bake for 30 minutes more.

Ivalee Dalton

COCONUT PIE

1 c. sugar	2 tbsp. margarine
3 tbsp. flour	1 tsp. vanilla
2 or 3 egg yolks	1 baked pie shell
2 c. milk	1 c. flaked coconut

Mix sugar, flour, milk and egg yolks. Cook until thick. Add margarine, vanilla and flaked coconut. Cool; pour into baked crust. Add meringue. Bake at 325 degrees for 10-15 minutes.

MERINGUE:

3 egg whites	6 tbsp. sugar
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Beat egg whites until foamy; add sugar. Continue beating until very stiff; spread on pie.

Ivalee Dalton

STRAWBERRY PIE

1 c. water	2 tbsp. strawberry gelatin
1 c. sugar	Red food coloring
3 tbsp. cornstarch	1 qt. strawberries
2 tbsp. corn syrup	Baked pie shell

In a saucepan combine water, sugar, cornstarch and syrup. Boil until thick and clear. Add gelatin (dry) and a few drops of food coloring. Cool and add washed and stemmed strawberries. Pour into baked pie shell and top with whipped cream.

Ivalee Dalton

CHOCOLATE PIE

1 c. sugar	1 c. water
3 tbsp. flour	2 eggs, separated
2 tbsp. cocoa	1 tsp. vanilla
1 c. evaporated milk	1 baked shell

Mix sugar, flour and cocoa in saucepan; add milk, water, egg yolks and vanilla. Cook over medium heat until mixture boils. Lower heat; cook until mixture thickens. Remove from heat; let cool 10 minutes. Pour into pie shell. Top with stiffly-beaten egg whites. Bake at 350 degrees until brown. Chill thoroughly.

Ivalee Dalton

CRUNCHY CHOCOLATE BARS

1 (12 oz.) pkg. semi-sweet chocolate pieces	3 c. Cheerios
3/4 c. crunchy peanut butter	

Combine chocolate and peanut butter. Cook over low heat, stirring often until melted and smooth. Remove from heat and stir in cereal. Turn into waxed paper-lined pan. Chill and cut into bars or drop by teaspoonfuls onto waxed paper. Makes about 36 pieces.

Jennifer Merzdorf

BROWN SUGAR PIE

1 lb. brown sugar	3/4 c. cream
3/4 c. sugar (white)	1 tbsp. vanilla
1/2 tsp. salt	2 drops lemon juice
1/2 c. flour	1/4 c. white Karo
1/3 c. butter	2 unbaked pie crust
4 eggs	

Mix together sugars, salt and flour. Melt butter and add to flour mixture. In another bowl beat and mix together remaining ingredients. Mix sugar mixture with liquid; pour into unbaked pie shells.

Set oven at 425 degrees. Bake 10 minutes, then turn oven down to 325 degrees. Bake until set, approximately 35 minutes.

Muffie Merricks

SWEET POTATO PIE WITH COCONUT

2 (9-inch) deep dish pie crusts
2 (23 oz.) c. sweet potatoes
1 (3 1/2 oz.) c. angel flake coconut
1 (5 oz.) c. evaporated milk
2 c. sugar
4 eggs

Cream margarine and sugar; gradually add eggs, beating well after each. Spoon potatoes into mixture (reserving the liquid); mix well. Mix in milk, flour, nutmeg, lemon and vanilla flavorings. Add coconut; mix well.

If mixture is too thick, add a tablespoon of the potato liquid. If more liquid is needed, add 1 tablespoon of liquid at a time until desired consistency is reached. Bake at 425 degrees for 15 minutes; lower oven heat to 350 degrees and bake for 45 minutes.

Dot Barker, Aide
Yellow Branch Elementary School
Lynchburg

OREO COOKIE ICE CREAM CAKE

1 1/4 lb. pkg. Oreo cookies
1/2 gallon vanilla ice cream (softened but not melted)
Hershey syrup
8 oz. container Cool whip

Crumble 2 1/2 rolls of cookies and place in the bottom of the pan. Slice ice cream into squares and place over the cookies. Freeze for 1 hour. Pour desired amount of Hershey syrup over the ice cream. Freeze for 1 hour.

Spread the Cool whip over the syrup and crumble the remaining cookies on the top. Freeze for 1 hour. Let stand 5 minutes before cutting.
Jennifer Merzdorf

BEST EVER APPLE PIE

2 c. shredded fresh apples
c. sugar
3 tbsp. flour
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 egg, beaten
1 stick melted margarine

Mix sugar and flour together, then add in the rest of ingredients and mix well with a spoon. Pour into an unbaked pie shell. Make a topping with 1/2 cup brown sugar, 1/3 stick melted margarine and 1 tablespoon flour. Mix until crumbly. Spread over top of pie. Bake 45 minutes at 375 degrees.

Susie Callahan

BUTTERMILK PIE

2 c. sugar
1/2 tsp. soda
2 c. buttermilk
1 1/2 tsp. lemon
1/2 c. all-purpose flour
3 eggs
1 tsp. vanilla
1/2 c. melted margarine

Mix together and pour into 2 unbaked pie shells. Bake 10 minutes at 450 degrees, then 30 minutes at 350 degrees. Makes 2 pies.

Mrs. Janie Franklin

IMPOSSIBLE COCONUT PIE

(Makes its own crust!)

4 eggs
1 1/2 c. sugar
1/2 c. self-rising flour
1 stick margarine
1 tbsp. vanilla
2 c. milk
7 oz. pkg. coconut

Cream margarine and sugar. Add eggs and flour; beat well. Add coconut last. Bake in 2 greased pie pans at 350 degrees for 40 minutes.

Mrs. Janie Franklin

FRUIT COBBLER

Fruit (peaches, cherries, apples, rhubarb), 1 1/2 c. sugar
Butter

BATTER:

1 egg
1/2 c. melted butter
1/2 c. milk
1 tsp. baking powder
1 c. flour
1 c. sugar
1/2 tsp. salt

Grease bottom of 9x12 pan; cover with fruit. Dot fruit with butter and pour 1 1/2 cups sugar over fruit. Mix batter and pour over fruit. Bake 45 minutes or until crust browns in 380 degree oven.

Jennifer Merzdorf

JAMS AND JELLIES

DILL



PANTRY PLEASERS

EQUIPMENT FOR JELLY MAKING: You will need a large kettle with a broad, flat bottom. This will allow the sugar and juice mixture to mix quickly and evenly. You will also need a long-handled spoon for skimming the jelly, a pair of tongs for removing the glasses from the hot water and a small pan for heating the paraffin.

Before Storing: Let jellied fruit products stand at least 8 hours to avoid breaking the gel. Cover with metal or paper lids. Store in a cool, dry place. The shorter the storage time, the better the eating.

Preventing skin on sauces and jellies: Spread a thin layer of melted butter or cream over jellies, puddings and other sauces right after cooking. Stir and all the skin and foam will disappear.

Hollow pickles are thought to be caused by faulty growth or staleness of cucumbers.

Soft pickles are caused by using brine or vinegar which is too weak, not keeping pickles covered with liquid, not keeping scum removed from top of brine, not heating enough to destroy organisms of spoilage, or not sealing jars airtight while boiling hot.

Shriveled pickles are caused by adding too much salt, sugar or vinegar at one time.

Cider vinegar is not necessary for making pickles and relishes. In fact, some expert home canners prefer to use white distilled vinegar. The important thing is to use a high grade product.

If neither fresh nor dried dill is available, dill seed may be used in making pickles. 2 or 3 tablespoons dill seed are needed for each quart of pickles.

Pickles are likely to spoil unless heated until almost boiling hot at the center, packed into jars, covered with boiling hot liquid and sealed at once or packed cold, covered with boiling liquid and processed 15 minutes in a boiling-water bath. The processing time is for pints and quarts. Half gallons require 25 minutes. The short cooking will not soften pickle.



MOCK STRAWBERRY PRESERVES

(Tomato Jelly)

5 c. sugar
5 c. tomatoes (peeled and diced) 1 (6 oz.) box wild strawberry jello

Cook tomatoes and sugar until boiling, stirring often, boil for 15 minutes. Remove from heat; add jello. Stir until dissolved. Pour into presterilized jars. Seal. Cool and refrigerate overnight. Store in cool place.

Patricia Taliaferro

APPLE MARMALADE

1 med. orange, quartered
6 med. apples, peeled, cored and chopped 3 tbsp. lemon juice
5 c. sugar

Seed and thinly slice orange. In kettle mix orange, apples, lemon juice, and 2 cups water. Boil gently 10 minutes. Add sugar; cook and stir until mixture comes to rolling boil. Cook and stir until candy thermometer registers 200 degrees.

Ladle into hot, clean half-pint jars, leaving 1/2 inch headspace. Wipe jar rims; adjust lids. Process in boiling water bath for 15 minutes. Makes 6.

Carol Merricks

PEACH CONSERVE

Peel ad pit 18 peaches. Quarter 5 oranges, but don't peel. Put fruit through food processor until just chopped fine. Measure fruit into large pan; add 1 1/2 cups sugar FOR EACH cup fruit.

Cook rapidly until mixture sheets from spoon, stirring frequently. Add 1 cup chopped maraschino cherries. Pour into hot sterilized jars and seal. Makes about 12 (6 ounce) containers.

Grannie Semmont

DAD'S PICKLES

2 qt. cucumber, sliced thin	2 c. sugar	3 3/4 c. sugar
1/2 tsp. powdered mustard	1 1/2 c. vinegar	1 1/2 tsp. hot sauce
1 tsp. turmeric	1/2 tsp. celery seed	1 c. minced sweet red pepper
2 tsp. salt	1 onion, chopped (optional)	3/4 c. white vinegar (5% acidity)
2 tsp. mustard seed		1 (3 oz.) pkg. liquid pectin

Combine ingredients and boil. Add cukes (sliced). Boil for 1/2 minute. Place in jars and seal or put in gallon jar and store in refrigerator.

Herb Rostorfer

GRAPE JELLY

3 c. bottled grape juice	3/4 c. water	3 c. bottled grape juice
5 1/4 c. sugar	1 box Sure-Jell fruit pectin	5 1/4 c. sugar

Thoroughly mix sugar and bottled grape juice; set aside. Let stand 10 minutes, stirring frequently.

Mix water and fruit pectin in small saucepan. Bring to full boil and boil 1 minute, stirring constantly. Remove from heat; add juice mixture, stirring 3 minutes. Ladle into sterilized containers. Cover with tight lids. Let stand at room temperature overnight, then store in freezer. Small amounts can be stored 3 weeks in refrigerator.

Helen Hacker

PEACH JAM

2 1/4 c. prepared fruit	5 c. sugar	8 c. hulled strawberries,
2 tbsp. lemon juice	3/4 c. water	quartered
1 tsp. ascorbic acid crystals	1 box Sure-Jell fruit pectin	4 c. sugar

Prepare fruit: Peel and pit 2 pounds fully ripe peaches and finely chop or grind. Measure 2 1/4 cups into large bowl. Add ascorbic acid.

Mix sugar into prepared fruit and lemon juice; let stand 10 minutes, stirring frequently. Mix water and fruit pectin in saucepan; bring to a full boil and boil 1 minute, stirring constantly. Remove from heat; add fruit mixture and stir 3 minutes.

Ladle into sterilized containers. Cover with tight lids. Let stand overnight, then store in freezer. Small amounts may be kept in refrigerator 3 weeks.

Helen Hacker

RED PEPPER JELLY

1 1/2 c. sugar	1 1/2 tsp. hot sauce
1 c. minced sweet red pepper	1 (3 oz.) pkg. liquid pectin
3/4 c. white vinegar (5% acidity)	

Combine first 4 ingredients in a deep 2 1/2-quart casserole. Microwave at HIGH 8 minutes, stirring after 6 minutes. Stir in pectin; microwave at HIGH 2 to 2 1/2 minutes. Skim off foam with a metal spoon.

Pour mixture into jelly jars. Cover with lids; invert 1 to 1 1/2 hours to disperse minced pepper. Freeze jelly up to 1 year or refrigerate for no longer than 3 weeks. Allow jelly to come to room temperature before serving. Makes 4 cups.

Jean Earl

BLUEBERRY JAM

Wash and pick over 1 1/2 quarts ripe berries and crush; there should be 4 1/2 cups. Combine in kettle with 2 tablespoons fresh lemon juice and 7 cups sugar; mix well. Bring to full rolling boil over high heat; boil hard for 1 minute while stirring.

Remove from heat and stir in 6 ounces of liquid pectin. Skim off foam. Continue stirring and skimming for 5 minutes to prevent floating fruit. Ladle into hot jars and seal. Makes 9 (1/2 pint) jars.

Carol Hacker

PINEAPPLE - STRAWBERRY JAM

8 c. hulled strawberries,	4 c. sugar
quartered	
4 c. chopped pineapple	

Combine ingredients in large preserving kettle; let stand for 1 hour. Heat slowly until sugar is dissolved, stirring occasionally. Cook rapidly for 30-40 minutes, or until thick. Stir frequently to prevent sticking. Pour into hot sterilized jars and seal. Store in dark cupboard. Makes 5 (1/2 pint) jars.

Annette Lewis

STRAWBERRY JAM

2 c. prepared fruit	3/4 c. water
4 c. sugar	1 box Sure-Jell fruit pectin

To prepare fruit, stem and crush 1 quart strawberries, one layer at a time. Measure 2 cups into large bowl. Thoroughly mix sugar into prepared fruit or fruit juice; let stand 10 minutes, stirring frequently.

Mix water and fruit pectin in saucepan. Bring to a full boil 1 minute, stirring constantly. Remove from heat and stir in fruit. Continue to stir 3 minutes.

Ladle into containers that have been sterilized in boiling water. Cover at once with tight lids. Let stand overnight, then store in freezer. Small amounts may be covered and stored in refrigerator 3 weeks.

Helen Hacker

BEET JELLY

6 beets

7 c. water

1/2 c. lemon juice

1 box Sure Jell

6 c. sugar

1 box raspberry jello

Bring beets and water to a boil; save 4 cups of juice. Add lemon juice and Sure Jell; bring to a boil second time. Add 6 cups sugar; bring to a boil third time. Add raspberry jello and bring to boil. Cook for 3 minutes.

Brenda Roarke

STRAWBERRY PRESERVES

4 c. berries

3 c. sugar

Put berries and 1 1/2 cups sugar in large pan. Bring to a boil and boil for 5 minutes. Add rest of sugar and boil 10 minutes longer. Stir occasionally until cool. Put in jars and seal with paraffin.

Betty Rosser

MAIN DISHES

SAGE



TEMPTING MAIN DISH IDEAS

When broiling meats or bacon on a rack, place a piece or two of dry bread in the broiler pan to soak up the dripped fat. This not only helps to eliminate smoking of the fat but reduces the chances of the fat catching fire.

Tenderizing Meat - Mechanical methods: Grinding, cubing and pounding meat breaks down the connective tissue and makes meat tender. **Marinating:** Soaking meat in acid mixtures such as lemon juice or vinegar tenderizes meat and adds flavor. Often herbs and spices are included in commercial marinades. **Meat tenderizers:** These are derivatives of natural food-tenderizing agents found in some tropical fruits (such as papaya) which soften meat tissue only while meat is cooking.

For juicier burgers, add a stiffly beaten egg white to each pound of hamburger, or make patties with one tablespoon of cottage cheese in the center.

Marbled beef, which has intermingling of fat with lean, indicates tenderness and rich flavor.

Pork chops which are light in color are corn fed.

If you rub the skin of a chicken with mayonnaise before baking, the skin will get crisp and brown.

A half teaspoon of dry mustard added to a flour mix for frying chicken adds great flavor.

The darker the flesh of a fish, the higher it is in calories.

Rule of thumb for cooking fish: Cook 10 minutes for each inch of thickness.

To keep raw fish fresh and odorless, rinse them with fresh lemon juice and water, dry thoroughly, wrap and refrigerate.

For fluffier omelets, add a pinch of cornstarch before beating.

Bacon will lie flat in the pan if you prick it thoroughly with a fork as it fries.

Tenderize tough meat by rubbing both sides with vinegar and olive oil. Let it stand two hours before cooking.

To shape meatballs, use an ice cream scoop to make uniform balls.



CHICKEN ITALIAN

4 chicken breasts, skinned and boned	1/2 tsp. oregano
2 (14 1/2 oz.) cans tomato sauce	1/2 tsp. basil
2 tbsp. cornstarch	Grated Mozzarella cheese

Place chicken in baking dish. Bake covered 15 minutes in preheated 425 degree oven; drain. Combine tomato sauce, cornstarch, oregano, basil; cook, stirring constantly, until sauce is thickened. Pour heated sauce over chicken; top with cheese. Bake 5 minutes, uncovered.

Gina Plants

HUNGARIAN CABBAGE ROLLS

1 lg. cabbage head	1/2 tsp. thyme
1 lg. onion, diced	1/2 tsp. garlic powder
2 lbs. lean ground beef	1 tsp. Italian seasoning
2 beaten eggs	1 tsp. salt (optional)
1/4 c. milk	1 tsp. black pepper
1/2 c. oats	1 tsp. basil
1/2 c. tomato juice	1 tsp. sage
2 slices bread crumbs	1 lg. can tomato juice
1/2 c. rice	1 tsp. ground or rubbed sage

Steam cabbage. Carefully remove cabbage leaves and reserve for meat mixture. By hand mix all but last 2 ingredients. Roll into small balls the shape of a large chicken egg and wrap in cabbage leaf; secure with toothpicks.

Place in a 5-quart Dutch oven and cover with remaining tomato juice, sage, 1 1/2 cups water, and remaining chopped cabbage. Simmer for 2 1/2 hours. Makes approximately 1 1/2 dozen.

Eva Lucado

BBQ CHICKEN AND RICE

2 1/2 lb. chicken	1 1/2 c. Minute Rice
2 tbsp. oil	1 c. sweet corn
1 1/4 c. barbecue sauce	Garnish with red and green
3/4 c. water	peppers as desired

Brown chicken in hot oil in skillet. Stir in BBQ sauce and water; cover and cook over medium-low for 20 minutes or until tender. Stir in rice and corn; cover. Reduce heat and simmer 5 minutes. Makes 4 servings.

Terri Willson

JOHNNY MAZETTA

1 lb. hamburger	1 can tomato soup	1 tbsp. lemon juice
1 green pepper	1/2 c. catsup	1 tsp. celery salt
1 med. onion	1 tbsp. Worcestershire sauce	Dash pepper
1 can red kidney beans	1 tbsp. sugar	2 c. herb-seasoned bread
1 can Franco American spaghetti	Salt and pepper to taste	crumbs

Saute onion and green pepper. Add hamburger and cook until slightly brown. Add this to rest of ingredients. Bake at 375 degrees for 1 hour.

Mary Pillow

ITALIAN BEEF

4 or 5 lb. roast (cool and slice thin or lg. chuck roast, uncooked)	1/2 tsp. Italian seasoning	1 can cream of chicken soup	1 tsp. salt
1/4 lb. salt pork	Garlic and onion salt to taste	1 chicken, cut up and skinned	1/2 tsp. pepper
1/2 tsp. parsley	1 tbsp. Worcestershire sauce	2 c. skim milk	1 c. cooked rice (Minute Rice)
1/2 tsp. basil	3 c. water		
1/2 tsp. pepper (I use a little less)	2 beef bouillon cubes		

Mix all together; cover and simmer 3 hours or longer until tender and can be shredded.

Rita Bergeron

BREAST OF CHICKEN CURRY

4-5 whole chicken breasts, skinned, boned, split	1/4 - 1/3 c. butter (oleo)	3-5 lb. roast of beef	1 pkg. dry onion soup mix
2 cans cream of chicken soup	1/2 tsp. curry powder	1 can cream of mushroom soup	1 soup can water
2 c. sour cream	1 c. sliced mushrooms, sauteed		
3 1/2 oz. (1 c.) slivered almonds			

Preheat oven to 350 degrees. Season chicken well with salt, pepper, and paprika. Melt butter in large skillet over medium heat. Brown chicken quickly on both sides. Transfer to shallow baking dish in 1 layer.

Combine soup and curry. Pour over chicken; cover and bake 1 hour. Remove chicken; stir sour cream, mushrooms and almonds into sauce. Return chicken to dish. Spoon sauce over pieces. Bake uncovered until browned. Nice served with noodles. Serves 8-10 people.

Sandy Lamb

CHAPEL HILL CHICKEN

8 chicken breast halves (skinned and boned)	1 tbsp. lemon juice
1 tbsp. Worcestershire sauce	1 tsp. celery salt
1/2 tsp. salt	Dash pepper
1/2 c. sour cream	2 c. herb-seasoned bread crumbs

Dip chicken in mixture of next 6 ingredients; roll in bread crumbs. Place on lightly greased baking sheet. Melt 1/2 cup butter and pour over chicken. Bake at 350 degrees for 45 minutes or until tender and brown.

Marie Dishman

CHICKEN WITH RICE

1/2 tsp. salt
1/2 tsp. pepper
1 c. cooked rice (Minute Rice)

In a large covered Corning Ware dish. Place chicken in dish. Pour all ingredients over chicken. Cover and cook at 250 degrees for 1 hour. This is a low-fat diet.

Edna Dickerson

ROAST BEEF AND GRAVY

3-5 lb. roast of beef	1 pkg. dry onion soup mix
1 can cream of mushroom soup	1 soup can water

Place roast, fat side down, in a pan. Combine other ingredients and pour over roast. Cover and bake 1 hour for each pound of roast at 350 degrees.

Rachel Osborne

PERFECT POT ROAST

(Shop all day and dine like a gourmet!)

3 lb. beef roast chuck, rump or round	1 tbsp. dry parsley flakes
1 can cream of mushroom soup	1 tbsp. Worcestershire sauce
1 env. dry onion soup mix	1 tbsp. A-1 steak sauce
1/4 tsp. pepper	

Cut heavy duty foil long enough to fold over roast and seal edges. Place in 9x13 pan or dish. Place beef on foil. Combine all ingredients and spread over the meat. Fold over foil and crimp edges to seal tight. Bake 3 to 3 1/2 hours at 350 degrees. Makes the most delicious gravy! Serves 6.
Joan Dishman

CHICKEN CASSEROLE

4 whole chicken breasts, boned	1/4 c. milk
8 slices Swiss cheese	1 pkg. herb dressing
1 can cream of chicken soup	1 stick butter

Lay chicken breast in long baking dish. Top each half with cheese slice. Dilute soup with milk; pour over all. Mix stuffing with butter and pat over top. Bake uncovered at 325 degrees for 1 hour 20 minutes.

Alva Cocke

SLOPPY JOES

3 lbs. ground beef	1 (16 oz.) can tomato sauce
1 med. onion, chopped	Salt (to taste)
2 tbsp. chili powder	12-15 sandwich buns
1 sm. can tomato paste	

In large pan cook beef to release fat and fluid; drain. Add remaining ingredients and cover. Cook until onion is tender. Cool; place in refrigerator to heat as needed. Place on buns to eat. Keep for 1 week in refrigerator.

Bernice Dooley

TERRIYAKI CHICKEN

1/3 c. lemon juice	2 tbsp. brown sugar
1/4 c. ketchup	1/4 tsp. garlic powder
1/4 c. soy sauce	1/4 tsp. pepper
1/4 c. vegetable oil	3 lbs. chicken legs

Combine all ingredients except chicken and mix well. Place chicken in dish and pour marinade over. Cover and refrigerate 6 hours or overnight.

Preheat oven to 375 degrees. Arrange chicken in shallow baking pan and bake 40-45 minutes. Baste with marinade.

Wadeene Driskill

BAKED CHICKEN

Chicken breasts
Sour cream

Dip chicken breasts into sour cream; roll into Pepperidge Farm stuffing. Place into buttered baking dish. Bake 40 minutes at 325 degrees.

Carol Hacker

SALMON LOAF

1 c. fish	1/4 c. butter
1 1/2 c. crumbs	2 eggs or 1 egg and 1 tbsp.
3/4 c. milk	flour

Mix ingredients; shape into loaf. Flour the loaf. Place in baking pan. Lay a strip of bacon on top of loaf. Bake at 450 degrees for 45 minutes. Serve with white sauce or tomato sauce.

Hilda Garrett

CHICKEN CASSEROLE

6 chicken breasts, cooked and cubed	1 can cream of chicken or cream of celery soup
2 c. chicken broth	1 pkg. stuffing mix
2 eggs	1 c. celery
1/2 c. milk	1 onion chopped

Pre-cook chicken, onion, and celery and cut up chicken. Mix all ingredients and put into greased casserole dish and bake at 350 degrees for 30 minutes.

Carol Hacker

SWEET POTATO - BANANA CASSEROLE

6 med. sweet potatoes, peeled and quartered	2 tbsp. half and half
1 med. banana, mashed	1/4 tsp. almond extract
1/4 c. pineapple juice	1/8 tsp. salt
1/4 c. sugar	1 1/2 c. miniature marshmallows

Cook sweet potatoes until tender. Mash potatoes and set aside. Combine mashed banana and pineapple juice; mix well. Add banana mixture and next 4 ingredients. Mix well.

Spoon into a greased 8-inch square casserole. Cover and bake at 350 degrees for 30 minutes, or until thoroughly heated - ???; top with marshmallows and bake until golden brown. Yield: 6-8 servings.

Dot Giles

CAULIFLOWER CASSEROLE

2 pkgs. frozen cauliflower, cooked and drained	1/3 c. mayonnaise or salad dressing
1 can creamed chicken soup, undiluted	1/2 tsp. curry powder

Add cauliflower and blend lightly with creamed chicken soup and mayonnaise. Sprinkle curry powder on top. Top with 1/2 cup buttered bread crumbs or cracker crumbs. Bake 30 minutes at 350 degrees. Serves 6-8.

Lois Harvey

SWEET AND SOUR MEATBALLS

1 lb. ground beef	1/4 c. onion, diced
1/2 c. bread crumbs	1 tbsp. parsley
1/2 tsp. salt	1 egg
1/8 tsp. pepper	2/3 c. milk

Combine all ingredients and shape into balls. Place into casserole dish and cook at 400 degrees while preparing sauce. Cover with sauce and cook 1 hour.

SAUCE:

1/4 c. green pepper, diced	1/2 c. catsup
1 tbsp. soy sauce	1/2 c. brown sugar
1/2 c. pickle vinegar	Garlic to taste
1 tsp. dry mustard	

Combine all ingredients and pour over the meatballs.

Rachel Osborne

CHICKEN CASSEROLE

4 c. cooked chicken	1/2 lb. Velveeta cheese (cubed)
1/2 box sm. shell macaroni	1 pt. milk
2 cans cream of mushroom soup	1 c. chicken broth

Combine chicken cut in pieces, uncooked macaroni, soup and all other ingredients. Pour into 9x13 pan. Refrigerate overnight. Bake uncovered in 350 degree oven for 1 hour.

Della Arnold

SPAGHETTI SAUCE

2 lbs. ground beef	1 lb. mushrooms
2 med. onions	2 cloves garlic
2 lg. green peppers	2 cans Hunt's spaghetti sauce
4 stalks celery	1 pkg. Sauer's spaghetti sauce seasoning mix

In large pot brown ground beef. Pour off excess grease. Add chopped onions, green peppers, celery, mushrooms, and garlic. Stir in Sauer's mix; add Hunt's spaghetti sauce.

On low heat simmer for 2 hours until thick and dark red in color. Makes enough sauce for 2-3 pounds spaghetti.

Melissa Tomlin

CHICKEN SPECTACULAR

4 c. chicken	3 tbsp. lemon juice
2 cans French beans	1 tbsp. chopped pimientos
1 (16 oz.) can water chestnuts	1 tsp. salt
1 (8 oz.) box Uncle Ben's long grain wild rice	Pepper to taste
1 can celery soup	1 c. mayonnaise

Mix all ingredients together in large bowl (3-quart casserole). Bake at 350 degrees for 50-60 minutes, covered.

Ruth Thompson

HOT CHICKEN SANDWICH

12 slices, thin, Pepperidge Farm bread	Mayonnaise, enough to mix
2 c. chopped chicken breast	1 can mushroom soup
1 med. onion, chopped	1 c. sour cream
1 can mushrooms, chopped	

Butter bread on one side. Put 6 slices bread (buttered side down) in 13x9 pan. Mix first 5 ingredients together and spread over bread. Top with next layer of 6 slices of bread. Combine mushroom soup and sour cream; spread over bread. Let set refrigerated 8 hours. Top with paprika. Bake at 350 degrees for 45 minutes.

Marlene G. Singleton

HAMBURGER CASSEROLE

1 lb. ground beef	1 bag Tater Tots
1/2 c. onion	Salt and pepper to taste
1 can mushroom soup	1/2 c. cheddar cheese
1/2 c. milk	

Brown ground beef and onion. Place in casserole dish. Add soup and milk. Cover with tater tots and cheese. Bake at 350 degrees for 30-35 minutes.

Doris Semmont

BACON WRAPPED MINI MEATLOAVES

1/2 c. chopped green pepper	1 tsp. salt
1/2 c. chopped onion	1/8 tsp. pepper
1 lb. lean ground beef	1 tbsp. Worcestershire sauce
1 slice bread, moistened with 2 tbsp. milk, torn into pieces	1 1/2 tsp. curry powder
1 egg	4 slices bacon
2 tbsp. catsup	

Combine all ingredients, except bacon. Divide mixture into 2 equal parts. Shape into 2 loaves. Wrap 2 strips of bacon around each loaf. Cook at 350 degrees for 45 minutes.

Rachel Osborne

CABBAGE SOUP

1 1/2 med. head of cabbage	1 tsp. salt
1 can stewed tomatoes	1 c. rice (optional)
2-3 turkey legs of carcass	3-5 carrots (optional)
3 bouillon cubes	Potatoes (optional)
2 tbsp. white vinegar	

In a large pot 1/2 full of water simmer turkey bones until meat falls off. Take bones and meat out of the pot to debone. Return both meat and bone in pot (do not dump the water which meat was cooked in).

Add stewed tomatoes, cabbage (shredded); bring heat up to medium high. Cook until it boils. Turn down and let simmer until ingredients are tender.

Kerry Roberts

EGGPLANT CASSEROLE

1 or 2 lg. eggplants, peeled	2 eggs
Bread crumbs and flour	Milk
Parmesan cheese	Cooking oil
Shredded Mozzarella	
Spaghetti sauce (Aunt Millie's)	

Dip eggplant in a mixture of eggs and 1/3 cup milk. Then roll in the flour and crumbs mixture. Fry in oil until brown and crispy. Drain on paper towel.

Layer eggplant on bottom of baking pan, then put on sauces, then cheeses. Repeat layers until ingredients are all used up. Cook at 350 degrees for 40 minutes.

Kerry Roberts

BATTERED FISH

1-2 lbs. fish	1/4 c. water
3/4 c. flour	1 tbsp. lemon juice
3/4 tsp. baking powder	2 eggs

Mix ingredients together. Heat 1 1/2 to 2 inches of oil in pan. You may choose a pan the size of your fish or cut fillets to fit a small pan so you do not waste a lot of oil.

Dip fish in batter and then put directly in oil. Adjust the temperature of the oil to allow fish to cook thoroughly before butter over-browns.

Dottie Richardson

TUNA FISH CASSEROLE

1/4 c. chopped onion	1 (6 oz.) can tuna, drained and flaked
1 tbsp. butter or margarine	2 c. cooked elbow macaroni
1 can cream of mushroom soup	1/2 c. cooked green peas
1/2 c. milk	1/2 c. shredded processed cheese
1/2 c. cracker crumbs	

In saucepan cook onions in butter until tender. Blend in soup, milk, and cheese. Heat until cheese melts. Combine with tuna, macaroni, and peas. Pour into a 1 1/2-quart casserole. Crumble crumbs on top. Bake at 350 degrees for 30 minutes.

Gwen Reedy

CHICKEN - N - DUMPLINS

4-6 chicken breasts, cooked, save
broth
4 cans butter biscuits

1 stick butter or margarine
1 qt. milk

After chicken is cooked, keep about 1 quart broth. Add milk and butter; heat just until bubbles form. Pull biscuits apart and drop in liquid in small bites. This can boil very lightly.

Stir occasionally, then add chicken pieces (cut up). You may have to add more milk. Adjust accordingly. Cook additional 10-15 minutes until thick. Salt and pepper to taste.

Nina Anderson

EASY CHICKEN PIE

3 c. diced cooked chicken	1/4 tsp. pepper
1 (10 oz.) pkg. frozen mixed vegetables	1 c. Martha White self-rising flour
1 (10 3/4 oz.) can cream of celery soup, undiluted	1 c. milk
1 c. chicken broth	1/2 c. (1 stick) butter or margarine, melted

Preheat oven to 400 degrees. Grease a shallow 2-quart baking dish. Place chicken and vegetables in baking dish. Stir together soup, chicken broth and pepper; pour over chicken mixture.

Combine flour, milk, and butter; stir until smooth. Pour over mixture in baking dish. Bake 40-45 minutes or until lightly browned. Let cool 10 minutes. Yield: 4-6 servings.

NOTE: If using Martha White all-purpose flour, add 1 1/2 teaspoons baking powder and 1/2 teaspoon salt to the flour.

Barbara Truxell

CREAMY BAKED CHICKEN BREASTS

4 whole chicken breasts, skinned and boned	1/4 c. white wine (optional) can use water
8 slices Swiss cheese	1 c. herb-seasoned stuffing mix
1 (10 3/4 oz.) can cream of chicken soup	1/4 c. butter, melted

Arrange chicken in a lightly greased 13x9x2 inch baking dish. Top with cheese slices. Combine soup and wine, stirring well. Spoon sauce evenly over chicken and sprinkle with stuffing mix. Drizzle butter over crumbs. Bake at 350 degrees for 45-55 minutes. Yield: 8 servings.

Geri Staton

CRAB CAKES

1 slice toasted bread
1 lb. crab meat
1 egg
Salt
3 tbsp. melted butter

1/4 c. mayonnaise
1 1/2 tsp. Worcestershire sauce
Parsley
Tabasco to taste

Toast bread and crumble. Mix with egg, salt, melted butter, mayonnaise, Worcestershire sauce, parsley, and Tabasco. Fold in crabmeat. Form into rounded cakes or balls. Bake on greased cookie sheet in 400 degree oven until lightly browned, about 20 minutes.

Mildred Loudy

CHICKEN AND VEGETABLE CASSEROLE

12 chicken thighs	4 tbsp. milk
4 med. onions, chopped	4 tbsp. cornstarch
2 c. corn (if canned, drain)	1 c. chicken broth
2 c. peas (frozen, uncooked)	

Brown thighs in butter or oil and place in casserole (one layer only). Sauté onions in drippings. Pour corn and peas over chicken and top with onions. Combine 4 tablespoons milk and 4 tablespoons cornstarch in chicken broth and pour over chicken and vegetables. Bake at 375 degrees for 40 minutes.

Mildred Loudy

LASAGNE

MEAT MIXTURE:

1 lb. ground beef	1 (1 lb.) can stewed tomatoes
1 tbsp. parsley flakes	1 (12 oz.) can tomato paste
1 tsp. basil	1 clove garlic
1 1/2 tsp. salt	

COTTAGE CHEESE MIXTURE:

3 c. (24 oz.) cottage cheese	1/2 tsp. pepper
2 beaten eggs	1/2 c. grated Parmesan cheese
2 tsp. salt	2 tbsp. parsley flakes

Brown ground beef; drain excess grease. Add remaining meat ingredients and simmer for 20 minutes. Remove garlic clove after simmering. Stir well all cottage cheese mixture ingredients.

Cook lasagne noodles as directed on box. Place in the bottom of a large rectangular casserole dish one layer of noodles. Next add a layer of the cottage cheese mixture and then the meat mixture. Repeat the three layers. Top with a layer of Mozzarella cheese.

Finally, sprinkle a layer of grated sharp cheese (about 1/4 pound) over casserole and heat in the oven at 350 degrees for 20-30 minutes, until hot and bubbly.

June Morton

CHICKEN - DRESSING CASSEROLE

1 (7 or 8 oz.) pkg. stuffing mix	2 well-beaten eggs
1 c. mushroom soup	2 1/2 c. cooked diced chicken
2 c. chicken broth	1/2 c. milk

Toss stuffing, 1/2 cup soup, all broth and both eggs. Spread in glass baking dish (9x12) and top with chicken. Combine rest of soup and all milk. Pour over chicken.

Cover with foil; bake 45 minutes at 350 degrees. Remove from oven and let stand before removing foil. Serve hot.

Linda Gayle Oliff

THICK 'N CRUSTY CHICKEN POT PIE

1 (2 1/2 to 3 lb.) broiler-fryer	1 c. finely chopped onion
1 onion, quartered	1 c. finely chopped carrots
1 stalk celery, cut into pieces	1 c. finely chopped potato
1 tsp. dried whole basil	1/3 c. butter or margarine, melted
1 tsp. dried whole thyme	1/2 c. all-purpose flour
1 tsp. dried whole rosemary leaves, crushed	1 1/2 c. half and half
1 tsp. salt	1/2 tsp. salt
1 bay leaf	1/4 tsp. pepper
1 c. finely chopped celery	

Combine first 8 ingredients in a Dutch oven. Cover with water and bring to a boil; cover, reduce heat, and simmer 1 hour or until tender. Remove chicken from broth; strain broth, reserving 1 1/2 cups. Cool chicken, remove from bone, chop.

Saute celery, onion, carrot and potato in butter until crisp-tender. Add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add reserved broth and half and half. Cook over medium heat, stirring constantly until thickened and bubbly. Stir in salt, pepper and the chopped chicken.

PASTRY FOR THICK 'N CRUSTY CHICKEN POT PIE:

3 c. all-purpose flour
1 tsp. salt
1 c. shortening
1 egg, beaten

1/4 c. plus 1 tbsp. ice water
1 tbsp. vinegar
1 tbsp. milk and 1 egg, combined to brush over pastry

Combine flour and salt; cut in shortening with pastry blender until mixture resembles coarse meal. Combine egg, water, and vinegar; sprinkle evenly over surface and stir with a fork until dry ingredients are moistened.

Shape into a ball. Roll half of pastry to 1/8-inch thickness on lightly floured surface. Fit into a 9 1/2 inch deep-dish pie plate. Spoon chicken mixture into prepared pastry.

Roll remaining pastry to 1/8-inch thickness and place over chicken filling. Trim, seal, and flute edges. Cut slits in top to allow steam to escape. Combine egg and milk; blend well. Brush over pastry. Bake at 400 degrees for 30 minutes or until golden brown. Yield: 6 servings.

Bonnie Owens

OVEN ROASTED PORK CHOPS

4 pork chops	1/2 tsp. salt
1/2 c. flour	1/2 tsp. black pepper
1/2 c. cornmeal	1 tsp. sage

Wash pork chops. Mix next 5 ingredients together. Roll pork chops in mixture while they are still wet. Spray pan with Pam; place pork chops in pan. Spray top of chops with Pam. Bake at 350 degrees until done, about 35 minutes.

Juanita West

EGGPLANT - SAUSAGE BAKE

3 lg. eggplants, peeled and cubed	3 green onions with tops, chopped
1/2 lb. bulk pork sausage	1 (6 1/2 oz.) pkg. stuffing mix
1 c. chopped celery	1/2 tsp. pepper
1 c. chopped onion	2 c. (8 oz.) shredded cheddar cheese

Cook eggplant, covered, in a small amount of water 10 minutes or until tender. Drain and set aside. Saute sausage, celery, and onion in a skillet until the sausage is cooked and vegetables are tender. Drain and set aside.

Prepare stuffing mix according to package directions. Combine stuffing, eggplant, sausage mixture, and pepper; mix well. Spoon into a greased 13x9x2 inch baking dish. Cover and bake at 350 degrees for 10-15 minutes. Uncover; top with cheese and bake an additional 5 minutes or until cheese melts.

Marion Winston

COLA CHICKEN

1 fryer cut up or use 6 boneless breasts	1 can mushroom soup
1/4 c. margarine, melted	1 1/2 c. cola flavored drink (carbonated)
1 green pepper, diced	Hot cooked rice
1 lg. onion, diced	

Brown chicken in margarine in skillet. Remove chicken and place in baking dish. Sauté pepper and onion in skillet and add soup and cola beverage. Stir well. Pour over chicken and bake at 350 degrees for 1 hour. Serve over hot rice.

Bertie Woodford

GLENDA'S CHILI BEANS

1 lb. chuck	1 can green butter beans
1 sm. onion	2 cans red kidney beans (drained)
1 med. green pepper	1 sm. can pitted ripe olives

Fry meat, onions, green pepper until meat is done. Pour off grease. In large pot add all beans with meat.

SAUCE:

1 c. catsup	1 tsp. chili powder
1/4 c. molasses	Salt to taste
1 tbsp. Worcestershire sauce	1/4 c. brown sugar
1/4 c. vinegar	1 tbsp. dry mustard
1/4 tsp. pepper	1 sm. can tomato sauce

Heat sauce. Pour over all ingredients. Simmer until all are hot through. I use crock pot to keep beans hot while serving. Good to mix day before and heat next day. Flavors are enhanced. Slice olives into beans before serving.

Glenda Creasy

SPAGHETTI CASSEROLE

Spaghetti, cooked as usual and drained	1 lg. onion, diced
2 lbs. ground beef	1 c. cream of mushroom soup
1 lg. c. tomatoes (peeled and mashed)	Velveeta or cheddar cheese
1 (8 oz.) pkg. cream cheese	Parmesan cheese
1 (8 oz.) container sour cream	Garlic, salt and pepper to taste, and sugar

Brown ground beef (don't drain fat unless it is a lot); add tomatoes, cream cheese, onion, sour cream, garlic, salt, pepper and sugar. Season to your taste; however, this dish should be moderately sweet. Cream of mushroom soup can be added for a creamier texture.

In large casserole dish, layer sauce, spaghetti; top with Velveeta or cheddar cheese; continue to layer. Sprinkle top with Parmesan cheese. Bake approximately 30-45 minutes at 350 degrees.

STUFFED BURGER BUNDLES

1 c. pkg. herb seasoned stuffing mix	1 (10 1/2 oz.) can cream of mushroom soup
1/3 c. evaporated milk	2 tsp. Worcestershire sauce
1 lb. ground beef	1 tbsp. catsup

Prepare stuffing according to package directions. Combine milk and meat; divide into patties and flatten on waxed paper. Place stuffing in center of each patty; roll meat over and seal. Place in casserole. Combine other ingredients. Pour over meat. Bake 45 minutes at 350 degrees.

Gloria Bryant

SALMON RICE PATTIES

1 (7 3/4 oz.) can salmon	2 tbsp. chopped parsley
2 c. cooked brown rice	2 tbsp. whole grain flour
1 egg	Dash of pepper
1 tbsp. lemon juice	Wheat germ
1 tbsp. finely chopped scallions	

Remove skin and bones from salmon; flake salmon. Combine with rice. Beat egg slightly and add lemon juice, scallions, parsley, flour, and pepper; mix well. Combine with salmon-rice mixture.

Form into 8 patties. Coat with wheat germ. Place in greased baking pan. Bake at 350 degrees for 30 minutes or until golden brown. Serves 5.

Reva Arnold

BAKED BEANS

1 lb. hamburger
1 onion, chopped
1 lg. can beans
6 tsp. brown sugar

1/2 c. ketchup
1/2 c. barbecue sauce
Salt and pepper
4 tsp. vinegar

Brown hamburger and onion; drain off grease. Mix all ingredients and bake for 30 minutes at 400 degrees.

Gloria Bryant

CHICKEN CASSEROLE SUPREME

4 oz. chipped beef
6-8 chicken breast halves, boned
6-8 slices bacon (optional)
Dash of pepper

4 oz. canned button mushrooms
10 1/2 oz. condensed cream of mushroom soup
1 c. sour cream

Preheat oven to 275 degrees. Shred chipped beef into the bottom of a 10x12 shallow greased casserole dish. Wrap a slice of bacon around each half of chicken breast.

Place the breasts on top of the beef. Sprinkle with pepper. Blend the soup with the sour cream and pour over the chicken breasts. Cover and bake for 3 hours. Serves 6-8.

Andrea Wright

FRANK'S FAVORITE GOULASH

2 c. egg noodles, cooked and drained
1/2 - 1 lb. ground beef, cooked and drained
1 (16 oz.) can tomatoes, liquified

1 (16 oz.) can corn, drained
1/2 c. grated cheese

Cook and drain the noodles and the ground beef. Liquify the tomatoes in the blender or food processor. Drain the corn. Mix all ingredients except the cheese in a 1 1/2-quart baking dish.

Bake for 30 minutes at 350 degrees. Remove from oven, top with grated cheese and return to oven for an additional 5 minutes. Serve.

Linda Gayle Oliff

FRANKFURTER IN A LOAF

6 hot dogs
6 strips cheddar cheese or 2 tbsp. sweet relish or catsup
1 c. Bisquick mix

1/4 c. milk
1 tsp. parsley
1 egg

Heat oven to 400 degrees. Grease loaf pan; split hot dogs lengthwise, not cutting completely through. Put cheese or relish or catsup in center of each hot dog. Mix remaining ingredients.

With fork, spread in pan. Arrange hot dogs crosswise. Bake until bread is light brown, about 20 minutes. Serves 3 or 4.

Angelia Miller

ZESTY MEATBALLS

3 lb. hamburger
3 med. onions, chopped
1 1/2 c. soft bread crumbs

1/4 c. plus 2 tbsp. milk
1 1/2 tsp. chili powder
Salt and pepper to taste

Make into balls and fry. Drain and place in 9x13 baking dish.

SAUCE:

3/4 c. Worcestershire sauce
1/4 c. plus 2 tbsp. vinegar

3/4 c. sugar
3 (8 oz.) cans tomato sauce

Mix together sauce ingredients and boil for 1 minute. Pour over meat balls and bake for 30 minutes at 325 degrees. Freeze separately if desired.

"Appie" Merricks

KUNG PAO PORK

3/4 lb. lean pork, cut into 1/2-inch cubes
4 tbsp. Kikkoman Soy Sauce, divided
2 tbsp. each ReaLemon Lemon Juice from Concentrate and sugar
2 tsp. cornstarch
1/2 tsp. crushed red pepper

2 cloves garlic, minced
2 tbsp. Bertolli Extra Light Olive Oil
1 sm. red bell pepper, chunked
1/2 sm. onion, chunked
1/4 c. unsalted roasted peanuts

Combine pork and 2 tablespoons soy sauce; refrigerate 30 minutes. Combine remaining 2 tablespoons soy sauce, lemon juice from concentrate, sugar, cornstarch, crushed pepper and 1/4 cup water.

In wok or large skillet, stir-fry pork and garlic in hot oil 3 minutes, or until brown. Add bell pepper and onion; stir-fry 3 minutes. Add cornstarch mixture; cook and stir until slightly thickened. Add peanuts. Refrigerate leftovers. Makes 4 servings.

Sandra Hodge

CHICKEN STIR - FRY WITH SOY SAUCE

3 tbsp. Kikkoman Soy Sauce
2 tbsp. dry sherry
1 tbsp. cornstarch
2 cloves garlic, minced
2 tbsp. Bertolli Extra Light Olive Oil

2 whole boneless skinless chicken breasts, thinly sliced
1/2 lb. broccoli, cut into bite-size pieces
1 sm. onion, thinly sliced
1 carrot, pared and thinly sliced

Combine soy sauce, sherry, cornstarch, garlic and 1/4 cup water; set aside.

In wok or large skillet, stir-fry chicken in hot oil 2 minutes. Add vegetables; stir-fry 4 minutes. Add soy sauce mixture; cook and stir until slightly thickened. Refrigerate leftovers. Makes 4 servings.

Sandra Hodge

PIZZA ILANA

DOUGH:

3 c. flour
1 tsp. salt
1 pkg. yeast
1 c. warm water

1 tbsp. sugar
1 tbsp. Crisco
Mozzarella cheese

SAUCE:

2 cans tomato sauce
1 tsp. sugar

2 tsp. basil
Garlic coves or garlic powder

Soften yeast in 1/4 cup water. Let stand 10 minutes. Put remaining 3/4 cup water in bowl; add salt and sugar; stir in softened yeast, Crisco, flour. Brush with shortening. Let stand until double in size.

Put all sauce ingredients in medium pan and heat until boils. Remove from heat and refrigerate (the longer it sits, the better it is).

Take dough that has risen. Make little hand-sized flattened pieces. Fry in oil until brown. Remove from oil and place on cookie sheet. Re-heat sauce and place sauce on fried dough. Top with cheese or other favorite pizza toppings. Place in oven until cheese melts. Remove and serve.

Gina Plants

ONION CORNBREAD

3 c. chopped onion
1/4 c. melted butter
1 c. sour cream
8 oz. cheddar cheese
1 tbsp. sugar
1/4 tsp. dill weed
2 eggs, beaten

1 can creamed corn
1 1/2 c. self-rising cornmeal
1/4 c. milk
1/4 c. oil
2 c. browned ground beef
Dash hot pepper sauce

Brown ground beef, then drain well. Saute onion in butter until tender. Remove from heat; add sour cream, 1/2 cup cheddar cheese; set aside.

Stir together corn meal, sugar and dill weed. In small bowl combine eggs, cream corn, milk, oil and pepper sauce; add all at once to corn meal mixture, stirring just to blend.

Pour batter in 9x13 greased pan. Spoon ground beef over, then spoon onion mixture over. Top with remaining cheese. Bake 30 minutes at 400 degrees.

QUICK CASSEROLE

4 med. potatoes, peeled and sliced
1 med. onion, sliced
3 med. carrots, sliced
1 or 2 ribs of celery, sliced

Salt and pepper to taste
1 lb. hamburger
1 can mushroom soup

Cook first 5 ingredients in pan of water until done. Cook hamburger in skillet until browned. Drain water from vegetables, reserving about 1 or 2 cups to mix with mushroom soup.

Mix all together. Place in greased casserole. Place under broiler until lightly browned (may be topped with cheese if desired). (Omit carrots and celery if desired.)

Ivalee Dalton

MONTEREY CHICKEN

4 whole chicken breasts, split, boned, and skinned (or turkey)	1/2 c. chopped onion
1 (8 oz.) pkg. Monterey Jack cheese	1/2 c. chopped green pepper
2 eggs, beaten	2 tsp. all-purpose flour
1 1/2 c. dry bread crumbs	1 tsp. salt
2/3 c. margarine, divided	1/4 tsp. pepper
1 chicken bouillon cube	3 c. cooked rice
1 c. boiling water	1 (4 oz.) can sliced mushrooms, drained

Place each half of chicken breast on waxed paper; carefully flatten to 1/4-inch thickness, using a meat mallet or rolling pin.

Cut cheese into 8 equal portions; place one portion in center of each half of chicken breast. Fold long sides of chicken over cheese; fold ends over, and secure with toothpicks. Dip each chicken breast in egg, then coat with bread crumbs. Brown meat on all sides in 1/3 cup margarine; set aside.

Dissolve bouillon in boiling water. Sauté onion and green pepper in 1/3 cup margarine until tender. Stir in bouillon, flour, salt, and pepper; cook until thickened. Stir in rice and mushrooms.

Spoon rice mixture into a glass baking dish. Arrange browned chicken over rice mixture. Bake at 400 degrees for 20-30 minutes. Yield: 8 servings.

Rachel Osborne

CABBAGE ROLLS

1 lb. ground lean pork (or hamburger)	1/4 tsp. pepper
1/3 c. chopped onion	1/2 to 3/4 c. Minute Rice
1/2 tsp. sage	12 cabbage leaves
1 tsp. salt	3 c. stewed tomatoes

Mix meat, onion, sage, salt, pepper and rice. Plunge cabbage leaves into boiling water. Leave in water for about 5 minutes; drain. Put a portion of meat mixture on each leaf. Roll up and secure with a toothpick. Place in a greased flat baking dish and pour tomatoes over all. Bake, covered for 2 hours at 300 degrees.

Ivalee Dalton

PORK CHOP ONE - DISH MEAL

6 pork chops	3 med. onions, quartered
1 1/2 tsp. salt	1/2 c. water
1/2 tsp. pepper	6 sm. potatoes

Brown chops in shortening, adding the salt and pepper when chops are turned. Add vegetables and water. Cover and continue cooking over low heat for 1 hour or until meat is tender. Yield 6 servings.

Marie Saunders

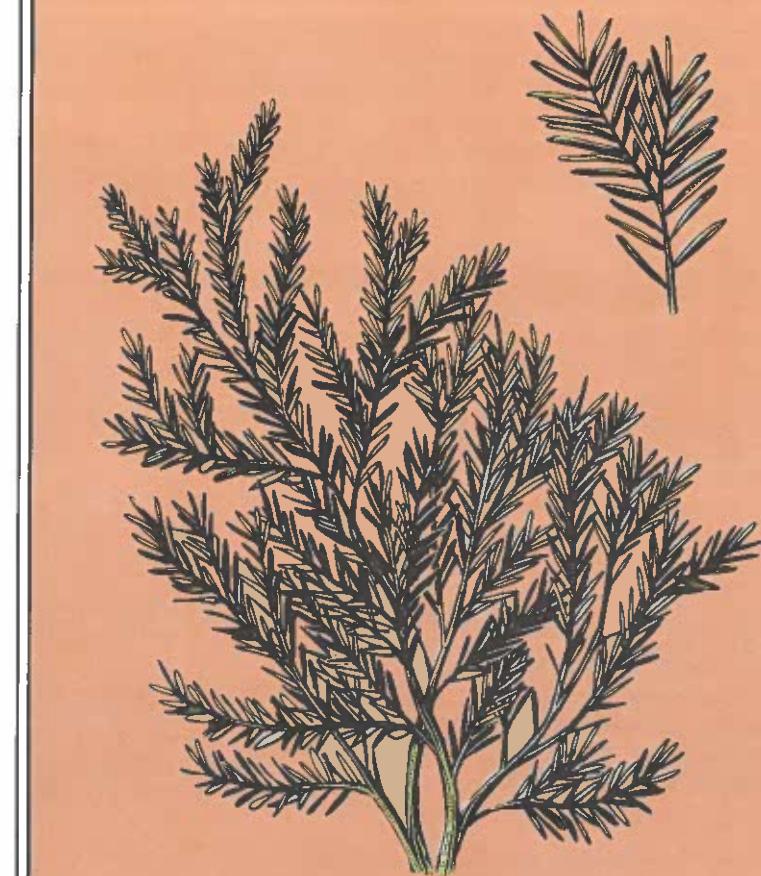
*****EXTRA RECIPES*****

EXTRA RECIPES



SOUPS AND SALADS

ROSEMARY



SUPER SOUPS & SCRUMPTIOUS SALADS

For soup and stew that is too salty, add a raw potato and discard after cooking. The potato absorbs the salt.

Did you know? Cooking in cast iron definitely boosts iron intake. Soup simmered for a few hours in an iron pot has almost thirty times more iron than soup cooked in another pan.

Thickeners for soups can be either flour or cornstarch. It is a good idea to add the thickener with the pan off the heat to avoid the danger of lumping. Flour is good for soups to be served hot. Cornstarch is better for cold soups.

Most important of all, remember that hot soups should be served HOT and cold soups COLD - none benefit from being served lukewarm.

If delayed in tossing salads, greens will stay fresh under a drape of paper towels wrung out of ice water.

Always shake on oil and vinegar dressing just before using.

When unmolding a salad, always sprinkle a few drops of water on the serving plate. It will be easy to move the salad around to position it correctly.

For a stay put garnish in a molded salad, arrange design, pour over thin layer of partially set gelatin. Chill.

To test freshness of dried herbs, rub them between your hands. Oil of your hand extracts the essence of the herb. If there is no smell, they are no good.

Season with seeds to add flavors:

Caraway: Tangy and slightly sweet

Cardomon: Spicy

Celery: Strong, use sparingly

Cumin: Slightly bitter

Dill: Pungent and strong in flavor

Fennel: Licorice flavor

Mustard: Dry mustard is a mixture of ground seeds of several mustard varieties.

Sesame: Sweet, nutty flavor

For crunchy cole slaw, cut cabbage in half and soak in salted water for an hour. Drain well, then proceed with recipe.

Add a small amount of beet vinegar to mayonnaise to give it a pretty color for salads.



HAMBURGER VEGIE SOUP

1 lb. hamburger	2 tsp. salt
2 c. carrots	1 tsp. seasoned salt
1/4 c. chopped onion	1/8 tsp. pepper
2 c. potatoes, diced	1/4 c. rice
1/2 c. celery	1 1/2 qt. water
2 tbsp. fat	2 c. tomatoes (16 oz.)

Brown meat and onion slightly in fat. Add all other ingredients with meat and onion to large pot and add water. Simmer until tender.

Dina McGuigan

STRAWBERRY JELLO SALAD

1 sm. box strawberry jello	1/2 c. miniature marshmallows
1/2 c. strawberries	2 med. bananas, sliced
1 sm. can crushed pineapple (save juice)	

Mix jello according to directions; let jell and add other ingredients.

TOPPING:

1/2 c. sugar	1 (8 oz.) pkg. cream cheese
1 egg, beaten	1 sm. container Cool Whip
1 tbsp. flour	1/4 c. pineapple juice

Cook sugar, egg, flour and juice. Add cheese; stir until cheese melts. Add Cool Whip. Pour over salad and top with coconut.

Gwen Reedy

PICNIC OR CROWD SIZE POTATO SALAD

5 med. onions	1 1/2 eggs, boiled, chopped
3 c. celery, diced	5 tbsp. mustard
10 lbs. potatoes, cubed	1 pt. mayonnaise
3 c. chopped pickles	Pickle vinegar to taste
3 c. green peppers	

Mix all ingredients together; add to potatoes. Sprinkle with paprika on top.

Juanita West

BLUEBERRY PIE SUPREME

CRUST:

1 1/2 c. flour
1 c. chopped pecans
1 1/2 sticks butter, melted
2 env. Dream Whip (mix as directed)

1 (8 oz.) pkg. cream cheese, softened
1 c. sugar
3 lg. bananas
1 can blueberry pie mix

Melt butter and pour over flour and nuts; mix and press into 9x13 pan. Bake at 350 degrees until lightly browned. Mix Dream Whip with sugar and cream cheese. Put layer of sliced bananas over cooled crust. Pour filling over bananas. Chill until firm. Top with pie filling.

Doris Vanaman

CHERRY JUBILEE SALAD

2 (3 oz.) pkgs. cherry gelatin
2 c. boiling water
1 (21 oz.) can cherry pie filling

1 c. crushed pineapple, drained
1 (8 oz.) pkg. cream cheese
1/2 c. chopped pecans

Dissolve gelatin in boiling water; add cherry pie filling. Pour into a 9x13 inch pan and let stand until firm. Mix pineapple, cream cheese and nuts; spread over firm gelatin. Chill 2-3 hours.

Carolyn West

ORIENTAL SALAD

1/2 head cabbage, coarsely shredded
2 chicken breasts, cooked and diced
2 tbsp. sesame seeds

2 tbsp. almond slivers
3 or 4 green spring onions, chopped
1 pkg. instant noodles, uncooked (Oodles of Noodles), do not use seasoning packet

Crumble up noodles.

DRESSING:

1 1/2 tbsp. sugar
1/2 c. salad oil
1 tsp. black pepper

1 tsp. salt
1 tsp. Accent
3 tbsp. Sushi vinegar

Toss together and mix with above. Marinate.

Betty Witt

7 - UP SALAD

1 pkg. lemon jello
1 c. hot water
1 (8 oz.) pkg. cream cheese
1 tsp. vanilla

1 tsp. sugar
1 sm. can crushed pineapple
1 sm. 7-UP
1/2 c. chopped nuts

Dissolve jello; cool slightly. Beat in cream cheese. Mix in all other ingredients. Refrigerate before serving.

Bertie Woodford

MANDARIN SALAD

1 box orange jello
1 can mandarin oranges, drained
1 can sm. pineapple, drained

1 carton cottage cheese
9 or 10 oz. Cool Whip
1 c. pecans, chopped

Mix all together; put in square dish in refrigerator. Serve after it sets.

Mrs. Bobbie Merricks

GRANNIES POTATO SALAD DRESSING

1/2 c. sugar
2 1/2 tsp. flour
3/4 tsp. salt
1 tsp. dry mustard
1/4 tsp. pepper

2 tsp. butter
2 eggs, beaten
1 c. milk
1/2 c. vinegar
Dash of cayenne pepper

Mix sugar, flour and dry seasonings together. Add remaining ingredients. Cook until thick. Cool and pour over cooked, diced potatoes. To this you may add chopped pickles, eggs or any other ingredients you prefer.

Carol Merricks

GREEN SALAD

1 lg. container Cool Whip
1 lg. box lime jello, dry
1 lg. can crushed pineapple, drained

1 pt. cottage cheese
1/2 c. chopped nuts

In a large container, place the Cool Whip. Add the dry jello and mix thoroughly. Add the pineapple, cottage cheese, and nuts; blend well. Chill for several hours. Serve.

Linda Gayle Oliff

AMBROSIA

1/2 container (4 oz.) sour cream 1 c. coconut
1 lg. can pineapple chunks, drained 2 c. tiny marshmallows
1 can mandarin oranges, drained

In a large container, blend all of the above ingredients. Chill overnight. Serve.

Linda Gayle Oliff

MAMA'S POTATO SALAD

8-10 med. potatoes	1 tbsp. sugar
1/3 c. green peppers	3-4 tbsp. mayonnaise
1/2 c. celery	2 tbsp. chopped pimiento
1/2 c. onions	1 tsp. salt
1 tbsp. celery seed	1 tsp. pepper
1 tbsp. mustard	4 hard boiled eggs

Dice and cook potatoes; drain, add celery seed, salt and pepper. Let cool. Add chopped green peppers, pimientos, onion, celery, mustard, and sugar. Chop 3 hard boiled eggs; add to other ingredients. Add mayonnaise and mix well.

Place in pretty bowl. Slice remaining egg and place on top of potato salad. Refrigerate.

Ida Hudson

LAYERED LUNCHEON SALAD

1 lg. iceberg lettuce	1 pkg. frozen peas
1/2 c. celery, sliced	3 eggs (hard boiled), sliced
1/2 c. sliced onion	8 slices bacon, fried and crumbled
1 (8 oz.) can sliced and drained water chestnuts	1 c. shredded Swiss or Cheddar cheese
1/2 c. green pepper, chopped	2 tomatoes, cut into wedges

Make this salad up and chill for 8 hours at least. Cover with plastic wrap. Serve with favorite selection of salad dressings. Delightful luncheon salad.

Carol Hacker

SHRIMP SALAD

3 c. cooked rice	Fresh mushrooms
1 (6 oz.) pkg. frozen shrimp	1/4 c. chopped celery
1/2 c. mayonnaise	1/4 c. chopped spring onion
1/2 c. green pepper	2 tbsp. lime juice
10 oz. frozen green peas	1/4 tsp. red pepper

Put lime juice in mayonnaise. Toss all together and chill.

Marlene Champney

LIME JELLO SALAD

1 sm. pkg. lime jello	1/2 c. pecans
1 c. evaporated milk	1/2 c. chopped celery
1 sm. can crushed pineapple	

Cool jello, then add milk and mix remaining ingredients.

Carol Hacker

ORANGE JELLO SALAD

2 boxes orange jello	1 can mandarin orange slices
2 c. hot water	1 c. sm. marshmallows
1 pt. orange sherbet	1 c. Dream Whip
1 sm. can crushed pineapple	

Dissolve jello in water while still warm. Add 1 pint of orange sherbet; mix well. Then add crushed pineapple, mandarin orange slices, marshmallows and Dream Whip. Put in mold or other container and place in refrigerator.

Vernelle Granger

SCRUMPTIOUS FROZEN STRAWBERRY SALAD

8 oz. cream cheese	2 bananas, sliced
1/4 c. Hellmann's mayonnaise	1/4 c. chopped pecans
1 carton (12 oz.) Cool Whip	1 (10 oz.) pkg. frozen strawberries
1 (1 lb. 4 oz.) can crushed pineapple, drained	

Beat first 3 ingredients until fluffy; fold in remaining ingredients. Freeze in 11x7 inch serving dish. Serves 12.

Pat Counts

GARDEN PEAS WITH BACON SALAD

1 (20 oz.) pkg. frozen peas	1/4 c. chopped green onion
8 slices bacon, fried and crumbled	1/4 c. chopped mushrooms (optional)

DRESSING:

1/4 c. sour cream	2 tbsp. chopped parsley
1/4 c. mayonnaise	Salt and pepper to taste

Rinse peas in hot water until defrosted; drain and chill. Prepare the dressing by combining all ingredients. Mix the peas with bacon, onion and mushrooms. Stir in the dressing. Serve at room temperature or chilled on a bed of lettuce.

Marlene Champney

APPLE CHICKEN SALAD

1 1/2 c. chopped cooked chicken	2 tsp. lemon juice
1/4 c. chopped celery	1/4 c. nuts
1/2 c. chopped unpared apple	Green pepper halves, seeded
1/2 c. soy mayonnaise	

Mix together chicken, celery, and apple. Mix mayonnaise and lemon juice; lightly toss with chicken mixture. Mix in nuts. Serve in pepper halves. Makes 4 (1/2-cup) servings.

Reva Arnold

CRANBERRY SALAD

1 c. cranberries, finely chopped	1 tsp. vanilla
1/3 c. sugar	1 apple, finely chopped
2 med. oranges	1/2 c. chopped dates
1 (8 oz.) pkg. cream cheese, softened	1 c. whipped cream

Combine berries and sugar; let stand 10 minutes. Peel and chop 1 orange finely (save juice); squeeze juice from other orange to make cup of juice.

Beat together the orange juice, cream cheese, and vanilla until fluffy. Stir in chopped orange, cranberries, apples, and dates. Fold in whipped cream. Chill well before serving.

Alva Cocke

BROCCOLI DELIGHT SALAD

1 lg. bunch fresh broccoli, cut in pieces (4-5 c.)	10 strips bacon, fried and crumbled
1 c. raisins, regular or golden	1 c. sunflower seeds
1/4 c. diced onion	

DRESSING:

3-4 tbsp. sugar	1 tbsp. vinegar
1/2 c. mayonnaise	

Put washed well-drained broccoli pieces in large bowl; add raisins, onion, bacon, and sunflower seeds. Mix together dressing ingredients; pour over salad. Makes 6 servings.

Judy Dawson

TASTY GREEN SALAD

1 sm. head lettuce, chopped	1/2 pt. salad dressing
1 (17 oz.) can green peas, drained	1 c. shredded Swiss cheese
1 med. onion, chopped	1/2 c. bacon crumbs

Layer all ingredients in a bowl in the order given. Marinate in tightly covered bowl at least 10 hours. Serves 10.

Jean M. Anneski

ORANGE FRUIT SALAD

2 lb. cottage cheese	2 c. mandarin oranges and
Lg. Cool Whip	pineapple
	1 lg. orange jello

Mix first 3 ingredients. Fold in dry jello reserving 1 teaspoon to sprinkle on top. Serve as is.

Marlene Champney

BEEF AND BARLEY VEGETABLE SOUP

Vegetable cooking spray	1 tbsp. beef bouillon granules
1 lb. lean ground chuck	1/4 tsp. pepper
5 c. water	1/4 tsp. dried basil
3 c. canned tomatoes	1/4 tsp. oregano
1 (6 oz.) can V-8 juice	1 bay leaf
1/3 c. barley	3/4 c. chopped celery including leaves
1/3 c. dried green split peas	1/2 c. sliced carrots
1/2 c. chopped onion	

Spray Dutch oven with cooking spray. Add ground chuck and cook until browned; drain. Add water and next 10 ingredients. Bring to a boil; reduce heat, cover and simmer 30 minutes. Stir in celery and carrots; cover and simmer 30 minutes. Remove bay leaf and serve. Makes 8 servings.

Daisy Jane Garner

BLUEBERRY JELLO SALAD

TOPPING:

1 (8 oz.) pkg. cream cheese	1/2 c. sugar
1 (8 oz.) c. sour cream	1 tsp. vanilla

Mix and spread over top of congealed salad. Sprinkle 1 cup crushed pecans over top if desired.

Dissolve 2 packages black raspberry jello in 1 1/2 cups drained juice from crushed pineapple and blueberries to make 1 3/4 cups of cold liquid. Mix in 1 (#2) can blueberries and 1 small can crushed pineapple and congeal.

Doris Vanaman

SEVEN LAYER SALAD

1/2 head lettuce, shredded	1 c. mayonnaise
1/2 c. chopped celery	1 tbsp. sugar
1/2 c. chopped green (or red) pepper	1 1/2 c. shredded cheddar cheese
3/4 c. chopped onion	1/4 c. bacon bits (or real bacon)
1 can drained green peas, cooked but cold	

In large salad bowl arrange first 5 ingredients in layers. Spread mayonnaise evenly over peas. Sprinkle with sugar, then the cheese. Cover and refrigerate 4 hours or overnight. Just before serving, sprinkle with bacon bits. Makes 6 servings.

Doris Vanaman

GROUND BEEF AND CABBAGE SOUP

1 lb. ground beef	1/8 c. steak sauce
8 c. hot water	1 tbsp. salt
2 c. grated cabbage	1 tsp. pepper
2 c. sm. diced potatoes	1 (16 oz.) can cut up tomatoes
1 c. chopped onion	with juice

Brown ground beef in skillet; set aside. Put water, cabbage, potatoes and onion together in 5-quart pot. Boil rapidly 15 minutes. Add steak sauce, salt, pepper, and tomatoes. Cover and simmer until all ingredients are tender. Add ground beef and simmer a few minutes.

Brenda Stading

CRANBERRY - SOUR CREAM SALAD

2 (3 oz.) pkgs. cherry flavored gelatin	1 (16 oz.) can whole berry cranberry sauce
2 c. boiling water	1 pt. commercial sour cream

Dissolve gelatin in boiling water; stir in cranberry sauce. Cool and then fold in sour cream. Pour into a 6-cup mold and chill until firm. Makes 10 servings. Simple, fast, and yummy!!

Mrs. Karen Sharp

ORANGE FRUIT SALAD

1 (16 oz.) can sliced peaches, drained	1 c. fresh or frozen blueberries
1 (16 oz.) can sliced pears, drained	1 c. fresh or frozen sliced strawberries
1 (16 oz.) can apricot halves, drained	3 tbsp. frozen orange juice concentrate
1 can pineapple chunks or tidbits, drained	1 jar apricot or fruit dessert baby food
3 sliced bananas	

Cut peaches, pears, and apricots into bite-size pieces. Put all the fruits in large bowl. Mix orange juice concentrate and baby food apricots or fruit dessert together. Add to fruit and mix.

Put in serving bowl and chill several hours. Other fresh fruits can be used. Save "chilling" time by having the canned fruits in the refrigerator overnight.

Doris Breiholz

GRANNIE'S POTATO SOUP

6 med. potatoes	1 tsp. parsley
1 c. chopped onion	1 c. milk or 1/2 c. canned milk
1 tsp. celery seed	Butter, salt and pepper to taste

Peel potatoes and onion. Cook in 2-3 quarts of water. When tender, add other ingredients except milk. Simmer a few minutes longer. Add milk last. Serve hot with garlic bread. Yum! Yum!

*A potato masher used 2 or 3 times will give more body to soup.

Grannie Semmont

TOMATO MACARONI SALAD

1/2 lb. macaroni	1/4 tsp. pepper
1 c. diced celery	1/2 tsp. celery seeds
1 green pepper, chopped	1/4 c. mayonnaise
2 tbsps. finely chopped onion	1/3 c. French dressing
3 tbsps. chopped fresh parsley or 1 1/2 tbsps. dried flakes	4 lg. tomatoes, peeled and cut and sprinkled lightly with salt
1 1/2 tsp. salt	

Cook macaroni in oiling salted water; rinse under cold water. Drain and cool. Combine macaroni and other ingredients except tomatoes. Cover and chill until serving time. Fold in tomato and serve.

Dottie Richardson

ORANGE PINEAPPLE SALAD

1 sm. can crushed pineapple (undrained)	.1 sm. carton (sm. curd) cottage cheese
1 sm. box orange jello	1 carton Cool Whip (regular size)

Mix pineapple and orange jello well. Add cottage cheese; mix well. Then fold in Cool Whip.

NOTE: Be sure Cool Whip is unfrozen. Also, make at least 1 hour before serving.

Gwen Reedy

CRANBERRY APPLE SALAD

1 (3 oz.) pkg. strawberry jello	1 lb. can jellied cranberry sauce
1 1/4 c. boiling water	2 c. finely chopped apples

Dissolve jello gelatin in boiling water. Break up cranberry sauce with fork. Add to jello mixture. Chill until very thick. Fold in apples and pour in mold. Yields 4 cups of 6-8 servings.

Gwen Reedy

BROCCOLI AND CHEESE SOUP

2 tbsp. finely chopped onion	1 c. cheddar cheese
2 tbsp. butter or margarine	2 tsp. chicken bouillon granules
3 tbsp. flour	1 1/2 c. water
1/4 tsp. pepper	1 bay leaf
2 c. milk	3 c. chopped broccoli

In large saucepan, saute onion in margarine until tender. Stir in flour and pepper until well blended. Add milk all at once. Cook until thickened, stirring constantly. Add cheese; stir until melted. Remove from heat.

Combine chicken bouillon, water, bay leaf in medium saucepan; bring to a boil. Add broccoli and cook for 5 minutes. Remove bay leaf. Add broccoli and cooking liquid (do not drain) to cheese mixture. Stir until well blended. Serve immediately. Makes 5 (1 cup) servings. Serve with salad and crusty rolls.

Carol Hacker

CONGEALED CARROT SALAD

2 (3 oz.) pkgs. lemon flavored gelatin	1 c. grated carrots
2 c. boiling water	1 c. shredded cheddar cheese
1 (#2) can crushed pineapple, drained	1/2 c. chopped pecans

Dissolve gelatin in boiling water. Drain pineapple; add enough water to liquid drained from pineapple to make 2 cups and stir into the gelatin. Refrigerate until partially congealed, then stir in pineapple, carrots, cheese and pecans; chill until firm.

Gwen Reedy

PINEAPPLE GRAHAM CRACKER SALAD

1 c. milk	1 (8-10 oz.) pkg. marshmallows
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Melt marshmallows in milk and cool. Whip cream (or use Cool Whip); add 1 can sliced pineapple to above mixture. Put rolled graham cracker crumbs in bottom of pan and keep some for top. You can use strawberries in place of pineapple if you like. I put just a few of the graham cracker crumbs on top just to cover it almost.

Lola Green

PRETZEL SALAD

2 1/2 c. chopped or rolled pretzels
1 c. melted oleo margarine
3 tbsp. sugar

Mix ingredients; pat into 9x13 pan. Bake 10 minutes at 350 degrees and cool afterward.

1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
1 (9 oz.) container Cool Whip
2 (3 oz.) boxes strawberry jello
2 c. boiling water
2 (10 oz.) pkgs. frozen strawberries

Beat cream cheese and powdered sugar; add Cool Whip and mix. Spread over cooled pretzels. Dissolve jello in boiling water; add frozen strawberries. Stir often when it begins to gel. Spread over cream cheese mixture and leave in refrigerator. Could use cherry jello and frozen cherries if you don't like strawberries.

Joann Carr

CHERRY VELVET SALAD

1/2 c. pineapple juice
1/2 c. cherry juice
1 c. hot water
Cherry jello

Dissolve jello in hot water; add juices and let set until firm. Add 1 cup crushed pineapple, 1 cup cherries, and 1 cup or more marshmallows. Cut all up by running a fork into jello and mixture before you add 1/2 pint of whipped cream and 1/2 to 1 cup nuts broken up. Refrigerate and keep refrigerated until you serve. If cherries are sour, you may want to add a little sugar to them or more marshmallows.

Marie Corman



FRENCH DRESSING FOR LETTUCE OR TOSSED SALAD

3/4 c. vinegar
3 garlic buds, sliced
1 onion, sliced

Place in vinegar for 12 hours. Drain onions off and add the following to vinegar and garlic buds:

3/4 c. sugar
1 can tomato soup (2 tsp. salt or less)
1/2 tsp. ground mustard
1 c. vegetable oil

Shake well and stir. Keep in refrigerator.

Bonnie Stephens

KIDNEY BEAN SALAD

1 (15 1/2 oz. can) red kidney beans, drained
1 to 1 1/2 tbsp. mayonnaise
1 to 1 1/2 tbsp. sweet pickle relish
2 boiled eggs, chopped

Mix all ingredients well. Refrigerate. Serves 4.

Jennifer Merzdorf

PINEAPPLE SLAW

8 oz. can crushed pineapple
2 c. grated carrots
1 c. flaked coconut
8 oz. lemon yogurt
1/2 c. mayonnaise
1/2 c. chopped pecans
1 c. raisins

Mix all ingredients together and chill well before serving.

Norma Farrar

CARROT RAISIN SALAD

2 c. grated carrots
1/2 c. crushed pineapple, drained
2 tbsp. raisins
1/4 c. plain low-fat yogurt
2 tbsp. mayonnaise
Dash of salt
2 tbsp. coconut (optional)

Combine carrots, pineapple, raisins, lemon juice and set aside. Combine yogurt, mayonnaise, and sugar; mix well. Pour over above ingredients and mix well. Cover with plastic wrap and refrigerate for 1 hour. Sprinkle with the coconut if you like.

Brenda Roarke

5 CUP SALAD

- 1 c. drained mandarin oranges** **1 c. miniature marshmallows**
1 c. drained pineapple chunks **1 c. sour cream**
1 c. shredded coconut

Blend well and chill for several hours before serving.

Allstate Insurance (Girls in Office)



VEGETABLES

P A R S L E Y



VARIOUS VEGGIE TIPS

Bake potatoes in half the usual time by letting stand in boiling water for 15 minutes before putting them into a very hot oven.

Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

Plant a few sprigs of dill near your tomato plants to prevent tomato worms on your plants.

Exposure to direct sunlight softens tomatoes instead of ripening them. Leave the tomatoes, stem-up, in any spot where they will be out of direct sunlight.

Next time you are cooking cabbage, put a heel of bread on top of cabbage before putting the lid on the pot - there will be NO odor. The bread has no effect on the cabbage and should be removed after cooking. Works for broccoli and brussel sprouts too.

A deep or rich color generally indicates highest food value and flavor in vegetables. For example, the dark green outer leaves of leafy vegetables have more nutrients than the lighter colored inner ones. Also, bright orange carrots may provide more vitamin A than paler ones.

Remember to remove the tops of carrots before storing. Tops drain the carrots of moisture, making them limp and dry.

You'll shed less tears if you cut the root end of the onion off last; or, freeze or refrigerate before chopping.

Beans are nutritional superstars. Packed with protein, low in fat and cholesterol, beans are one of the best sources of complex carbohydrates and dietary fiber. Surprisingly, beans contain more fiber per serving than most other vegetables, fruits, grains or cereals. A diet high in soluble fiber has been linked to such virtues as lowering cholesterol, maintaining blood sugar levels or body energy, and delaying feeling hungry.

Lettuce leaves absorb fat. Place a few into the pot and watch the fat cling to them.

Ripen green bananas or green tomatoes by wrapping them in a wet dish towel and placing them in a paper sack.

A squirt of lemon in the water when cooking cauliflower will keep the cauliflower from discoloring.

Cook carrots and potatoes and then mash them all together. This makes the potatoes a light orange color and produces an entirely new flavor.

Never immerse mushrooms in water when cleaning. They will absorb too much liquid. For prime mushrooms, buy only those with closed caps. The gills should not be showing.



HERBED SQUASH DELIGHT

1 lb. sm. zucchini or yellow squash, sliced 1/4 inch thick
1/3 c. chopped onion
1 tbsp. water
1 med. carrot, grated

1/2 c. sour cream
1 (10 1/2 oz.) can cream of chicken-mushroom soup, undiluted
3 tbsp. butter or margarine, melted
3/4 c. packaged herbed stuffing mix

Place squash, onion, and water in microwave-safe 10x6 inch utensil. Cover with plastic wrap; microwave at HIGH (100% power) 5 minutes. Drain.

In a medium bowl combine carrot, sour cream, and soup. Stir in squash mixture; mix well. In small bowl, combine butter and stuffing mix; spread half of stuffing mix in bottom of microwave-safe 10x6 inch utensil. Pour squash mixture over top. Cover with plastic wrap; microwave at HIGH (100% power) 4 minutes.

Sprinkle remaining stuffing mixture over top. Cover with paper towel; microwave at HIGH (100% power) 2 minutes. Remove from oven; let stand, covered, 5 minutes. Makes 4 servings.

Patricia Hendrick

CORN PUDDING

2 cans cream-style corn
4 eggs
2 tbsp. flour
1 c. sugar

1 1/4 c. milk
Dash of salt
1 stick margarine, melted
1/2 tsp. vanilla

Cream together flour, sugar, salt and margarine. Add eggs and beat. Add remaining ingredients. Pour in casserole dish sprayed with Pam. Bake 1 hour at 350 degrees.

Jean M. Anneski

BROWN RICE WITH VEGETABLES

1 tbsp. Puritan or olive oil
1 med. onion, chopped
3 carrots, sliced
2 celery stalks, sliced
1 c. brown rice

2 c. chicken broth
1 tbsp. chopped parsley
Salt and pepper to taste
1/2 c. fresh mushrooms

Heat oil in large frying pan; saute onions, carrots, and celery. Then add rice and stir. Add broth, parsley, salt and pepper. Cover and cook about 40 minutes. Add mushrooms and cook 5 more minutes. (Can add soy sauce if desired.)

Doris Breiholz

BROCCOLI CASSEROLE

2 pkg. frozen chopped broccoli	8 oz. sour cream
1 (4 oz.) can mushrooms	4 oz. grated cheese

Cook broccoli and drain. Mix other 3 ingredients into broccoli. Pour into 11x8 casserole dish. Cover with bread crumbs. Pour 1/2 cup melted butter over top. Bake at 350 degrees for 30 minutes.

Betty A. Garraghty

BROCCOLI - CAULIFLOWER CASSEROLE

1 head fresh broccoli	1 pkg. Good Seasons Italian Dressing Mix
1 head fresh cauliflower	1 c. mayonnaise
1 sm. box frozen green peas	2 tbsp. vinegar

Microwave green peas with water 5 minutes. Drain, rinse, set aside. Cut up vegetables. Add cup of mayonnaise; sprinkle dressing mix. Pour vinegar over dry mix; let set 5 minutes. Blend with spoon until thoroughly mixed. Add green peas and stir slightly.

Wadeene Driskill

VEG - ALL CASSEROLE

2 cans Veg-All vegetables, drained	3/4 c. chopped onion
1 (8 oz.) can sliced water chestnuts, drained	1 stack Ritz crackers, crushed
1 can cream of chicken soup	1/2 stick margarine
1 1/2 c. sharp cheese, grated	

Mix all ingredients together except crackers and margarine. Pour into casserole dish. Top with crushed crackers and chopped margarine. Bake for 30 minutes at 350 degrees.

Jean M. Anneski

SMOTHERED CABBAGE

1 med. cabbage	2 c. milk
1/2 c. green pepper, chopped	1/2 tsp. salt
1/2 c. onion, chopped	1/8 tsp. pepper
1/4 c. melted butter	1/2 c. mayonnaise
1/4 c. flour	3/4 c. cheddar cheese

Cut cabbage in wedges; steam until tender. Drain well. Place in long baking dish. Saute pepper and onion in butter. Add flour, stirring constantly. Gradually add milk.

Cook slowly, stirring constantly, until thickened. Stir in salt and pepper. Pour over cabbage. Bake 20 minutes at 375 degrees. Mix mayonnaise and cheese; spread over cabbage. Bake 10 minutes more.

Alva Cocke

ZUCCHINI CASSEROLE

1 med. zucchini	1/2 tsp. oregano
1 lg. onion	1 (8 oz.) can tomato sauce
3 tbsp. margarine	1/4 lb. Mozzarella cheese (grated)
1 tsp. salt	

Slice zucchini and onion. Saute in margarine. Add salt and oregano while cooking. Place lid over vegetables and heat until limp.* Add tomato sauce and stir. Pour mixture in baking dish. Sprinkle grated cheese over top. Bake at 350 degrees for 15-20 minutes.

*At this point, if vegetables are very watery, drain before adding tomato sauce.

Mildred Loudy

BROCCOLI CASSEROLE

1 can cream of mushroom soup	1 chopped onion
1 bunch of blanched broccoli	1 c. shredded cheese
1 c. mayonnaise	1 c. bread crumbs

Preheat oven to 325 degrees. Blanch broccoli and onion; drain. Place broccoli-onion mixture in greased dish. Pour mixture of other ingredients over top. Top with cheese and bread crumbs. Bake 30 minutes.

Mabel Hight

POTATO CASSEROLE

32 oz. hash brown potatoes	1 1/2 c. grated cheddar cheese
8 oz. sour cream	1 1/2 c. crushed corn flakes
1 can cream of chicken soup	1/2 c. melted butter
1/2 c. chopped onion	

Mix hash brown potatoes, sour cream, chicken soup, diced onion, and grated cheese. Pour in long baking dish. Top with 1 1/2 cup corn flake mixed with melted butter. Bake 45 minutes at 350 degrees.

BROCCOLI - RAISIN SALAD

2 bunches broccoli	10 strips bacon
1 c. mayonnaise	2 tbsp. vinegar
2/3 c. raisins	1/2 c. sugar
1/2 c. onions	

Break broccoli into flowerets; mix mayonnaise, vinegar, and sugar together and pour over the broccoli, raisins and onions. Marinate overnight. Add bacon just before serving.

Dreama Semmont

COLE SLAW

1 lg. head cabbage, grated	Mayonnaise
2 lg. carrots, grated	Mustard
1 lg. onion, grated	Vinegar
1/2 c. green pickle relish	Sugar

Combine cabbage, carrots, onion, pickle relish. Moisten as wished with mayonnaise. Add vinegar, sugar, and mustard to taste. Chill well.

Brenda G. Stading

CORN PUDDING

1 (#2) can cream-style corn	2 eggs, beaten
1 c. diced cheese	1 c. milk, heated
2 tbsp. flour	2 tbsp. sugar
1/2 tsp. salt	2 tbsp. butter

Mix all ingredients. Pour into greased dish. Cover and bake at 350 degrees for 1 hour or more.

Jane

BAKED BEANS

3 (1 lb.) cans pork and beans	1 sm. green pepper
1/3 c. brown sugar	1 med. onion
1 tbsp. prepared mustard	3 slices bacon
1/2 c. catsup	

Saute pepper and onion; mix all ingredients. Add pepper and onion. Lay bacon across top. Bake at 350 degrees for 30 minutes.

Susan Wood

SWEET POTATO CASSEROLE

3 c. cooked, mashed potatoes	2 eggs, beaten
1 c. sugar	1 tsp. vanilla
1/2 c. melted butter	1/3 c. milk

TOPPING:

1/2 c. brown sugar	2 1/2 tbsp. melted butter
1/4 c. flour	1/2 c. chopped pecans

Combine ingredients with mixer and put in casserole dish. Mix together topping and put on top of potato mixture. Bake at 350 degrees for 25-30 minutes.

Optional: 1 cup coconut may be added to sweet potatoes or line casserole dish with pineapple slices or place on top. Freezes well.

Carolyn West

GREEN BEAN CASSEROLE

2 (9 oz.) pkgs. frozen green beans	1 tsp. soy sauce
1 can mushroom soup	Dash pepper
1/2 c. milk	1 can French fried onions

Cook and drain beans. In 1 1/2 quart dish stir soup, milk, soy sauce, and pepper until smooth. Stir in beans and 1/2 can of onions.

Bake at 350 degrees for 30 minutes. Stir and top with remaining onions. Bake 5 minutes longer.

Doris Semmont

VEGETABLE SIDE DISH

3-4 zucchini or summer squash
1/2 c. bread crumbs

1 c. grated American, Cheddar,
or Parmesan cheese
1-2 tomatoes

Lightly saute squash. When squash is tender, put it in a baking pan or casserole dish. Add tomatoes; sprinkle cheese and bread crumbs on top. Boil until cheese is melted and golden (approximately 5-10 minutes).

Kerry Roberts

HOT DEVILED POTATOES

4 med. red potatoes, peeled and cubed
1 (8 oz.) carton sour cream
2 tbsp. chopped green onions

2-3 tsp. prepared mustard
1/4 tsp. salt
1/4 tsp. white pepper

Cook potatoes in boiling salted water 20 minutes or until tender. Drain well and mash. Combine potatoes and next 5 ingredients. Mix well. Spoon into lightly greased 1-quart casserole; sprinkle with paprika and cover. Bake at 350 degrees for 15 minutes.

Brenda G. Stading

STRINGBEAN CASSEROLE

2 c. French cut stringbeans, drained
2 c. mushroom soup

1 c. onion rings

Place drained beans in a large baking dish; cover with soup (straight from the can). Sprinkle with paprika. Bake uncovered at 350 degrees for 30 minutes. Remove from oven and cover with onion rings. Bake 5 minutes more. Serve hot.

Linda Gayle Oliff

GREEN PEAS CANTONESE

1 c. chopped onion
1 c. chopped celery
1 stick margarine
1 can mushroom soup

1 can water chestnuts (sliced)
1 1/2 tbsp. flour
Salt, pepper to taste
1 can green peas (drained)

Saute onion and pepper in margarine. Add soup, chestnuts, flour, salt, pepper, and peas. Stir well and pour into 8x8x2 baking dish. Top with 1/2 bag herb stuffing and bake at 350 degrees until bubbly.

Carol Merricks

SCOBIES CORN

2 sm. pkg. frozen corn
1 c. whipping cream
1 c. milk
1 tsp. salt
2 tbsp. sugar (I use honey)

Dash of pepper
2 tbsp. butter
2 tbsp. flour
Bread crumbs

Cream together melted butter and flour. Mix all ingredients and pour into greased baking dish. Sprinkle buttered bread crumbs on top. Bake until bubbly at 350 degrees.

Betsy Martin

CANDIED YAMS

1 qt. sweet potatoes, cooked
1/2 c. water or liquid from
potatoes
1 tsp. cinnamon

1 c. sugar
1/2 stick butter
1 tsp. vanilla

Mix sugar, water, margarine, cinnamon and vanilla in saucepan on top of stove and bring to boil. Pour over sliced potatoes and bake in 350 degree oven for 1 hour.

Gwen Reedy

HONEY GLAZED CARROTS

4 med. carrots, sliced or cut into strips
2 tbsp. butter or margarine
2 tbsp. honey

2 tbsp. water
1/4 tsp. salt

In 1-quart glass casserole, combine first 4 ingredients. Microwave covered on HIGH 7-8 minutes or until carrots are just tender, stirring occasionally. Stir in salt. Yield 4 servings.

Jennifer Merzdorf

CORN PUDDING

2 c. corn, drained	2 1/2 tbsp. sugar
3 eggs	1/2 c. evaporated milk

Mix the above ingredients together; add 1-1 1/2 teaspoons flour (mixed with water to make a paste). Dot with butter. Bake at 350 degrees for 45 minutes. Serve.

Linda Gayle Oliff

THREE BEAN CASSEROLE

1 (1 lb.) can pork and beans (undrained)	1 tsp. salt
1 (1 lb.) can kidney beans, drained	1/4 tsp. pepper
1 (8 oz.) can lima beans, drained	1/3 c. chopped onion
3/4 c. catsup	1/2 lb. ground beef
1/2 c. brown sugar	1/3 c. chopped green pepper
1 1/2 to 2 tbsp. vinegar	1/3 c. chopped celery
1 tsp. mustard	6 strips of bacon

Brown together lightly onions, beef, green pepper and celery (if used), or brown onion in 2 tablespoons bacon drippings. Drain excess grease from beef mixture if used.

Mix all ingredients together except bacon in a greased 2-quart baking dish. Cut strips of bacon into quarters and place on top. Bake in 350 degree oven for 45 minutes.

Mrs. Bobby Merricks

SQUASH CASSEROLE

Squash	1 egg
1 chopped onion	Pepperidge Farm stuffing
1 chopped green pepper	1 stick margarine
1 can cream chicken soup	

Cook squash and drain. Mix squash, onions, green pepper, soup, and eggs; set aside. Melt margarine and mix with stuffing mix. Put half on bottom of 2 1/2 quart baking dish. Put squash mixture on top and other half of stuffing mixture on top. Bake 45 minutes at 350 degrees.

Barbara Truxell

BROCCOLI PUFF

2 (10 oz.) pkg. frozen broccoli	1/2 c. mayonnaise
1 can cream of mushroom soup	1/4 c. milk
2 eggs	2-3 c. cheddar cheese

Cook broccoli without salt; drain and place in casserole dish. Combine soup and cheese in saucepan over medium heat and melt together. Add rest of ingredients and stir until smooth. Pour over broccoli and bake at 350 degrees for 30-40 minutes.

Allstate Insurance (Girls in Office)

SWEET POTATO CASSEROLE

1 lg. can sweet potatoes	1/2 c. crushed walnuts
1 sm. can crushed pineapple	2 tbsp. brown sugar
1 c. raisins	Sm. marshmallows

Drain sweet potatoes; save juice. In large bowl stir together sweet potatoes and crushed pineapple, brown sugar and juice from potatoes. Add raisins and nuts. Bake in 350 degree oven for 20 minutes. Add marshmallows and bake only until marshmallows are golden brown.

Mary Thomas

GREEN BEAN CASSEROLE

1 (10 1/2 oz.) can cream of chicken or mushroom soup	3 c. cooked French style green beans or 2 (1 lb.) cans drained
1 (3 1/2 oz.) can French fried onions	Dash of pepper

In 1-quart casserole dish, stir soup until smooth. Mix in 1/2 can onions, beans, and pepper. Bake in a 350 degree oven 20 minutes or until bubbling. Top with remaining onions. Bake 5 minutes more. Yield 6 servings.

Marie Saunders

CORN PUDDING

1 c. cream-style corn	1/4 c. flour
4 eggs	1/4 tsp. salt
1 stick melted margarine	Dash pepper
3/4 c. sugar	1 tsp. vanilla
1 c. milk	

Mix eggs and sugar; beat until real creamy. Add flour; beat. Add milk and vanilla slowly; stir in cream-style corn. Salt and pepper. Pour into greased pan or dish. Bake in 350 degree oven for 35 minutes or until brown or until center is done.

Mrs. Bobbie Merricks

CORN PUDDING

2 cans creamed corn	1 sm. can evaporated milk
1 c. sugar	3 tbsp. cornstarch
3 eggs	1/2 stick butter
2 tsp. vanilla	

Mix all ingredients in casserole dish. Dot with butter. Bake at 375 degrees for 45 minutes.

Allstate Insurance (Girls in Office)

SCALLOPED POTATOES

1 can Campbell's cream of celery soup	1 tbsp. butter
1/2 c. milk	1 sm. onion, thinly sliced
4 c. thinly sliced potatoes	Dash paprika
1 c. shredded sharp cheddar cheese	

Stir soup until smooth; add milk. In buttered 1 1/2-quart casserole dish alternate layers of potatoes, onions, sauce and cheese. Dot with butter. Sprinkle with paprika. Cover; bake at 375 degrees for 1 hour. Uncover, bake 15 minutes more.

Marie Saunders

GREEN BEAN CASSEROLE

2 cans French style green beans	1 can onion rings
1 can mushroom soup	

Drain green beans; mix with soup. Spread in casserole dish and sprinkle top with salt and pepper. Top with onion rings. Bake uncovered at 350 degrees for 20 minutes.

Mary Thomas

BROCCOLI AND RICE

1 c. cooked rice	1 (10 oz.) pkg. frozen chopped broccoli
1 can cream of celery soup	1/4 c. bread crumbs

Cook rice; set aside. Combine soup, broccoli and rice; top with bread crumbs. Bake in 1 1/2-quart casserole dish at 325 degrees for 1 hour, longer if desired.

Terri Willson

BAKED BEANS

1 (#2) can crushed pineapple	1 tbsp. mustard
2 (16 oz.) cans pork and beans	1/2 tsp. salt
1 can light red kidney beans	1 med. onion, chopped
1 c. catsup	1 lb. hamburger
1/2 c. brown sugar	

Brown hamburger in frying pan; drain. Add to all the above and bake at 350 degrees for 45 minutes.

Tracy Staton

CRAZY BEANS

1/2 pound bacon, cut into bits	1 can pork and beans, partially drained
1 sm. onion, chopped	1/2 c. catsup
1/2 lb. hamburger	1/2 c. brown sugar
1 can kidney beans, partially drained	1/2 c. white sugar
1 can lima beans, partially drained	

Fry bacon and onion; remove from skillet. Place hamburger in bacon grease and brown slightly. Add remaining ingredients. Mix everything together and put in a greased casserole. Bake at 350 degrees for 1 hour.

Ivalee Dalton

ZESTY BUTTER BEAN BAKE

2 tbsp. chopped onion	1 tbsp. vinegar
2 tbsp. chopped green pepper	2 (1 lb.) cans butter beans
1 tbsp. butter	1 tsp. prepared mustard
1 (10 1/2 oz.) can condensed tomato soup	1/4 c. water
1 tbsp. brown sugar	

Brown onion and green pepper in butter. Add remaining ingredients except beans; heat. Put beans in buttered 1-quart casserole dish. Pour sauce over. Bake in 375 degree oven 45 minutes.

Gwen Reedy

SCALLOPED TOMATOES

4 tbsp. butter	4 tbsp. sugar
1 c. bread crumbs or cubes	Salt and pepper as desired
1 sm. onion, minced	Fine bread crumbs
2 1/2 c. canned tomatoes	Grated cheese

Brown bread and onions in melted butter. Combine all ingredients in baking dish. Top with bread crumbs and grated cheese. Bake in 350 degree oven for 35-40 minutes. Yield 6 servings.

Marie Saunders

TOMATOED POTATOES

1 (5.5 oz.) pkg. scalloped potatoes	1 (1 lb.) can tomatoes
2 c. water	1/4 tsp. basil, optional

Heat oven to 400 degrees. Place potatoes and seasoned sauce mix in ungreased 2-quart casserole. Heat water, tomatoes and basil to boiling; stir in potatoes. Cover; bake 35-40 minutes. If desired, garnish with snipped parsley. Yield: 4-6 servings.

Jennifer Merzdorf

POTPOURRI

GARLIC



POTPOURRI

To determine whether an egg is fresh without breaking the shell, immerse the egg in a pan of cool salted water. If it sinks to the bottom, it is fresh. If it rises to the surface, throw it away.

Vinegar brought to a boil in a new frying pan will prevent food from sticking.

When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from spattering.

Club soda cleans and polishes kitchen appliances at the same time.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleaner.

Once an onion has been cut in half, rub the left-over side with butter and it will keep fresh longer.

Popcorn: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old maids." "Old Maids" can also be eliminated by running ice cold water over the kernels before throwing into the popper.

Pinch of rosemary to water cooking rice will add an interesting flavor.

Cook wild meats with onions, cuts down wild flavor.

Do you substitute ingredients? This is always risky - don't do it! For example, sifted flour is not interchangeable with unsifted.

Food will keep hot up to 1 hour if taken somewhere, by wrapping hot food in double thickness of aluminum foil.

Garlic helps to prevent cholesterol build up. Helps prevent heart disease by slashing cholesterol levels in the blood and lowering dangerous blood fat levels.

Don't let spilled wine spoil your prettiest tablecloth. While the stain is still wet, cover it with a mound of ordinary table salt; when dry just brush away. The salt will absorb the wine so completely you won't even have to wash the cloth.

Shaving cream is one of the most useful upholstery cleaners.

To remove water rings and stains from inside small glass or crystal vases, dampen the inside and add any toilet bowl cleaner. Let stand 10 minutes. Rinse thoroughly.

To clean and shine copper pots, rub with Worcestershire sauce or catsup. The tarnish will disappear.

To get cotton white socks white again, boil in water to which a slice of lemon has been added.



FROZEN CUCUMBER SALAD

2 qt. sliced unpeeled sm.
cucumbers
2 med. onions, sliced
1 tbsp. salt

1 c. vinegar
1 1/4 c. sugar

Combine cucumbers, onions, and salt. Let soak for 3 hours. In a saucepan warm the vinegar and sugar; stir to dissolve sugar. Drain cucumbers and add vinegar mixture. Ladle into plastic freezer containers and freeze. When ready to use, defrost and serve chilled. Yield: 1 1/2 quarts.

Della Arnold

STEAK PROVENCAL (SAUCE)

1 (#2) can tomatoes, cut in quarters	1/2 c. dry white wine
1 tsp. sugar	1/2 c. butter
2 tbsp. butter	3 cloves garlic (minced)
1/4 c. chopped green onion	2 tbsp. parsley

Sprinkle tomatoes with sugar; reserve. Melt 2 tablespoons butter. Add onion and simmer until translucent. Add wine; simmer 3-5 minutes. Add tomatoes. Increase heat to a slight boil. Add remaining ingredients. Heat until butter melts. Season to taste.

Eva Lucado

FRESH COCONUT CAKE FROSTING

8 oz. sour cream	2 pkgs. fresh frozen coconut
1 tsp. vanilla	1 c. sugar

Stir together all ingredients and pour over prepared and baked white cake (9x13x2). Refrigerate and serve cold.

Rachel Osborne

CREAM CHEESE BARS

1/2 c. sugar	2 c. flour
1/2 c. brown sugar	1 tsp. soda
1 c. shortening	1/2 tsp. salt
1 egg	2 tsp. cream of tartar
1 tsp. vanilla	1 1/2 c. chocolate chips

FILLING:

2 (8 oz.) pkgs. cream cheese 1 egg
3/4 c. sugar

Beat well by hand.

For cookie dough, cream sugars with shortening; add egg and mix well. Add vanilla, soda, salt and cream of tartar; mix well. Add flour; mix. Add chocolate chips.

Spread a little more than half of dough on bottom of greased 13x9 pan. Put filling on next and then put chunks of remaining dough on top of filling. Bake 20-25 minutes at 350 degrees.

Peggy Breiholz

FAST 'N FABULOUS FUDGE

3 tbsp. margarine	1 (8 oz.) pkg. semi-sweet chocolate
2/3 c. evaporated milk	2 c. (4 oz.) miniature marshmallows
1 1/2 c. sugar	1/2 c. chopped walnuts
1/3 c. corn syrup	1 tsp. vanilla

In a 2-quart saucepan combine margarine, evaporated milk, sugar, and corn syrup. Cook over medium heat, stirring constantly, until mixture comes to a full rolling boil. Cook for 5 minutes, stirring constantly. Remove from heat.

Break chocolate squares into halves; add with marshmallows, chopped walnuts, and vanilla to saucepan. Stir vigorously 1 minute or until chocolate and marshmallows are melted.

Pour into a greased 8x8x2 inch pan. Decorate with walnut halves or coconut. Chill in refrigerator until firm, about 1 hour. Cut into squares. Store in refrigerator. Makes 2 pounds.

Rachel Osborne

SEVEN MINUTE FROSTING

1 1/2 c. sugar	3 tbsp. white syrup
1 c. sm. marshmallows	5 tbsp. cold water
2 egg whites (room temperature)	1 tsp. vanilla (after frosting is cooked)

Use double boiler and beat mixer on high. Add vanilla after taking off stove.

Add sugar to egg whites, also syrup and cold water. Have water boiling when you put containers on to beat. Add marshmallows as soon as mixture is mixed good. Beat on high for 7 minutes. Take off stove and add vanilla.

This si usually more than you need for a sheet cake. You can store the leftover in the refrigerator for 2 weeks if you need it for another cake.

Fannie P. Tinsley

PEANUT BUTTER FUDGE

3 c. sugar	1 tsp. vanilla
3/4 c. milk (half can of evaporated milk plus enough whole milk to make 3/4 c.)	1 (20 oz.) jar peanut butter

Bring sugar and milk to a boil; add vanilla. Take off heat and add peanut butter. Pour into buttered dish.

Brenda Roarke

STRAWBERRY STACKS

3/4 c. whole wheat flour	1 egg yolk
1/2 c. all-purpose flour	Maple syrup
1 1/2 tsp. baking powder	1 (10 oz.) pkg. frozen strawberries
1 tsp. sugar	1 pt. whipped cream
1/4 tsp. salt	1 egg white
1 1/4 c. milk	

For pancakes, stir together whole wheat flour, all-purpose flour, baking powder, sugar and salt; set aside.

Combine milk and egg yolk. Beat egg white until stiff peaks form. Add milk mixture all at once to flour mixture, stirring until blended but slightly lumpy. Fold in beaten egg white.

Pour about 1/4 cup batter onto a hot, lightly greased griddle. Cook until golden. Makes 12 (4-inch) pancakes. To serve, drizzle with maple syrup. Top with 1/4 of strawberries and whipped cream

Terri Willson

FRENCH RICE

1 (10 1/2 oz.) can onion soup, undiluted	1 (8 oz.) can sliced water chestnuts
1/2 c. butter, melted	1 c. uncooked regular rice
1 (4 1/2 oz.) jar sliced mushrooms	

Combine soup and butter; stir well. Drain mushrooms and water chestnuts, reserving liquid. Add enough water to reserved liquid to equal 1/3 cup. Add mushrooms, water chestnuts, liquid and rice to soup mixture; stir well.

Pour into a lightly greased 10x6x2 inch baking dish. Cover and bake at 350 degrees for 1 hour. Yield 6 servings.

Geri Staton

NEVER FAIL CARAMEL ICING

3 tbsp. butter
6 tbsp. brown sugar
6 tbsp. white sugar
1/2 c. sweet cream

9 marshmallows
1 1/2 tsp. vanilla
1 1/2 c. confectioners sugar

Mix butter, brown and white sugar, and cream; bring to a boil and cook rapidly for 2 minutes. Remove from heat and add marshmallows.

When they have melted, add vanilla and sifted confectioners sugar. Stir until thick enough to spread over layers. Easy to make.

Bonnie Stephens

SCALLOPED PINEAPPLE

3/4 c. butter (do not use margarine)
2 c. sugar
1/2 c. whipping cream (not whipped)

2 eggs, well beaten
1 (15 1/4 oz.) can chunk pineapple (save 2/3 of juice)
4 c. sliced bread (cut in small cubes)

Cream butter and sugar together. Add remaining four ingredients. Fold all together. Bake in greased dish at 375 degrees for 45 minutes. Serve with pork (ham) or chicken.

Bonnie Bryant

INDIAN SUMMER SANDWICH

1 (6 1/2 oz.) can Star Kist tuna in water, drained
6 oz. soft cream cheese
1/4 c. crushed pineapple
1/4 c. shredded carrot

2 tbsp. chopped walnuts
1/8 tsp. ginger, optional
1/2 c. alfalfa sprouts
8 slices whole wheat nutbread

Combine cream cheese, pineapple, carrot, walnuts, and ginger. Spread 2 tablespoons of the cheese mixture on each of 4 bread slices. Top each with 2 tablespoons alfalfa sprouts and tuna. Top with remaining bread slices. Makes 4 servings.

Susie Callahan

"YUMMY" RICE

1 c. long grain rice
1 can beef broth
1 can chicken broth

1 stick of margarine (not melted)
Garlic powder

Pour 1 cup of rice into 2-quart casserole dish. Add 1 can beef broth, 1 can chicken broth, 1 stick of margarine, garlic powder to taste. Bake uncovered at 325 degrees for 1 hour or until liquid is absorbed with a light brown crust on top. (Try it with steak instead of baked potato - fantastic!)

Marsha Burks (A Friend)

TROPICAL TEA WARMER

6 c. boiling water
6 tea bags
1/3 c. sugar
2 tbsp. honey

1 1/2 c. orange juice
1 1/2 c. pineapple juice
1 orange, sliced

Pour boiling water over tea bags. Cover; let stand 5 minutes. Add remaining ingredients. Heat on low 2-3 hours. Can use crock pot or over stove.

Reva Arnold

POTATO PANCAKES

2 c. raw grated potatoes
2 beaten eggs
1 tbsp. flour
1 1/2 tsp. salt

Pinch baking powder
Dash salt
Butter or oleo

Peel large potatoes and soak in cold water several hours. Grate; drain. Add eggs and other ingredients to potatoes. Fry immediately in butter or oleo. Turn when brown on one side. Great served with apple sauce.

Hilda Garrett

CHOCOLATE SYRUP BROWNIES

1/2 c. margarine
1 c. sugar
4 eggs

1 (16 oz.) can chocolate syrup
1 1/4 c. flour
1 c. chopped nuts

Grease 9x13x2 baking pan. Cream margarine and sugar until fluffy. Add eggs and beat well. Stir in syrup. Add flour; mix well. Stir in walnuts. Spread in pan. Bake at 350 degrees for 30-35 minutes.

Dina McGuigan

CINNAMON STICKS

1/3 c. margarine	1 egg
1 1/2 c. flour	1 tsp. cinnamon
1/2 c. sugar	1/2 tsp. vanilla
1/2 c. brown sugar	Dash salt

Line a 9x5x3 loaf pan with foil. Spray with nonstick coating. Beat margarine with an electric mixer for 30 seconds. Add about half of the flour, sugar, brown sugar, egg, cinnamon, vanilla, and salt. Beat until thoroughly combined. Beat in remaining flour.

Press into prepared pan using the back of a spoon to smooth. Cover; refrigerate overnight. Lift dough out of pan; cut dough crosswise into 1/4-inch thick slices. Then cut entire dough blocks into half lengthwise, making 2 sticks from each slice. Place on greased cookie sheets. Bake at 375 degrees for 10 minutes.

Terri Willson

HASHBROWN POTATO BAKE

1 (2 lb.) pkg. frozen hashbrown potatoes, thawed	1/2 c. soft margarine
1 pt. sour cream	1 tsp. salt
1 can cream of celery soup, undiluted	1 tsp. black pepper
1 c. shredded sharp cheddar cheese	1/2 c. Ritz cracker crumbs

Combine all ingredients except cracker crumbs. Spoon into lightly greased 9x13 baking dish. Sprinkle cracker crumbs evenly over top of potato mixture. Bake at 350 degrees for 40 minutes or until bubbly. Yield: 10-12 servings.

Carol Merricks

CANDY

3 c. sugar	1 (7 oz.) jar marshmallow cream
3/4 c. margarine	1 c. chopped nuts
2/3 c. (5 1/3 oz. can) evaporated milk	1 tsp. vanilla
1 (12 oz.) pkg. semi-sweet chocolate bits	

Combine sugar, margarine and milk; bring to a rolling boil, stirring constantly. Reduce heat and boil for 5 minutes, stirring constantly to prevent mixture from scorching. Remove from heat; stir in chocolate bits until melted. Add marshmallow cream, nuts and vanilla; beat until well blended. Pour into a greased 13x15 pan. Cool; cut.

Kerry Roberts

CHEX PARTY MIX

6 tbsp. butter	2 c. Rice Chex
1 tsp. seasoned salt	2 c. Wheat Chex
4 tsp. Worcestershire sauce	1 1/2 c. Planters mixed nuts
2 c. Corn Chex	1 c. tiny pretzels or pretzel sticks

Melt butter in shallow pan over low heat. Stir in salt and Worcestershire sauce. Add Chex, nuts, and pretzels. Mix until all pieces are coated. Heat in a 250 degree oven for 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Serve.

Linda Gayle Oliff

HOT PERKED PUNCH

2 1/4 c. pineapple juice	1/2 tsp. whole allspice
1 3/4 c. water	3 sticks cinnamon (broken)
2 c. cranberry juice	1/4 c. packed brown sugar
1 tsp. whole cloves	

Place cloves, allspice, cinnamon stick, and brown sugar in basket of large coffee pot. Perk like coffee and serve hot.

Brenda Stading

SWEET POTATO CASSEROLE

3 c. cooked mashed sweet potatoes	1/3 stick soft margarine
1 c. white sugar	1/3 c. plain flour
2 eggs, beaten well	1 c. pecans
1 c. light brown sugar	1 stick of soft margarine
1 tsp. vanilla	

Cook and mash potatoes. Add sugar, vanilla, eggs and margarine. Put in casserole dish, then mix together brown sugar, flour and margarine until very crumbly. Sprinkle mixture over potatoes; top with cup of pecans. Bake at 350 degrees for 30 minutes.

Juanita West

ZUCCHINI RELISH

1 c. zucchini	4 c. sugar
4 c. onion	2 1/2 c. vinegar
5 tbsp. salt	1 tsp. nutmeg
1 red pepper	2 tsp. celery seed
2 carrots	1 tsp. dry mustard

Grind first 5 ingredients and put in plastic or glass container. Leave overnight, then drain and rinse and drain again. Mix together remaining ingredients; bring to boil, then simmer for 30 minutes. Then pack in jars.

Ruth Thompson

SWEET PICKLE

Cucumbers

Soak overnight in clear water, then slice.

SYRUP:

1 c. water	2 1/2 c. sugar
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Bring to boil. While boiling, put in cucumbers and let boil 3 minutes. Pack in jars. Put 1 teaspoon salt and 1/2 slice onion on top of packed pickles. Pour syrup over and seal jar.

Patricia Taliaferro

SPARKLING HARVEST CIDER

2 qt. apple cider or juice	1 (32 oz.) bottle ginger ale,
1 c. ReaLemon from concentrate	chilled
1/2 c. sugar	Ice

In punch bowl combine cider, ReaLemon and sugar; stir until sugar dissolves. Chill. Just before serving add ginger ale. Garnish as desired. Serve over ice.

Ruth Thompson

CORN RELISH

6 ears corn cut off (about 3 c. kernels)	2/3 c. sugar
1/2 c. diced green peppers	1 tsp. salt
1 med. onion, chopped	1 tsp. celery seed
1/4 c. diced red sweet pepper	1/2 tsp. dry mustard
1 c. white distilled vinegar	

In medium pan combine corn, green pepper, onion, red pepper. Cover and cook until corn is tender. Remove from heat; divide corn mixture between 2 or 3 1 pint jars.

In a quart pan combine vinegar, sugar, salt/celery seed, and mustard seed. Bring to boiling. Pour pickling liquid over vegetables in jars; seal. Cool and refrigerate until cold before serving. Will keep up to 1 month.

Juanita West

SPINACH SPREAD

1 pkg. frozen chopped spinach, thawed and drained	1 c. mayonnaise
1 pkg. dried Knorr vegetable soup mix	1 c. sour cream
1 can water chestnuts, chopped	1 round loaf pumpernickel or Hawaiian bread
1 sm. onion, chopped	

Mix all ingredients together except bread. Cut off thin slice of bread from the top. Hollow out and cut pieces into bite size. Fill loaf and serve with bread around it. More bread is needed.

Betty Witt

BARBECUE SAUCE

1/2 stick butter	1/4 c. chopped onion	1/2 c. catsup
4 tbsp. sugar		3 tbsp. vinegar
1/8 tsp. pepper		1 tsp. Worcestershire sauce

Mix together and cook over low heat 5 minutes.

Susan Wood

FRENCH DRESSING

1 c. olive or salad oil	1 tsp. salt
1/4 c. cider vinegar	1/2 tsp. paprika
1/4 c. lemon juice	1/2 tsp. dry mustard

Put ingredients into jar with a tight top. Shake very thoroughly or mix in blender.

To make Bleu Cheese, put a package of Roquefort cheese in a blender or mixer; add enough of this French dressing to cover and blend until smooth.

Carol Hacker

HONEY CRUNCH

3 c. Quaker Corn Bran cereal	1/2 c. oleo
1 c. Quaker oats (regular)	1/3 c. honey
1 c. pecans or English walnuts	1/4 c. brown sugar (packed)
1 tsp. cinnamon	1 c. raisins
1/4 tsp. salt	

heat oven to 325 degrees. Combine in large bowl: cereal, oats, nuts, cinnamon and salt; set aside. In small saucepan combine oleo, honey and brown sugar. Cook over low heat, stirring constantly until oleo is melted. Simmer 2 more minutes.

Pour over cereal mixture. Mix until coated. Spread on cookie sheet. Bake 20 minutes or until golden brown. Stir occasionally. Spread on wax paper. Mix in raisins, then cool. Store in tight container. Makes 7 cups.

Reva Arnold

WEEPLESS MERINGUE

1 tsp. cornstarch	2 tbsp. water
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Add 10 1/2 cup boiling water and cook until thick; set aside to cool. Beat 3 egg whites; add 6 tablespoons sugar. Gradually add a dash of salt; beat into cooled mixture and continue to beat until they hold a peak.

Place on pie, sealing to crust by making sure it touches the crust all around. Bake at 360 degrees until set.

Ivalee Dalton

STRAWBERRY SODA SMOOTHIE

1 (10 oz.) pkg. frozen strawberries	1 (2 litre) bottle ginger ale or lemon-lime soda
6 oz. frozen pineapple-orange concentrate	

Mix strawberries and pineapple-orange concentrate in blender; add ginger ale.

Carol Hacker

GREEN TOMATO RELISH

2 qts. chopped celery	3 c. sugar
2 qts. green tomatoes, chopped	3 c. vinegar
6 lg. onions, chopped	1 tbsp. mustard seed
3 red sweet peppers, chopped	1 tbsp. celery seed
3 green peppers, chopped	1 tbsp. allspice

Soak in 4 tablespoons salt for 1 hour; drain. Cook until tender. Pack in jars. Cover with liquid and seal.

Lois Harvey

MACARONI AND CHEESE

8 oz. cooked macaroni	1 egg
8 oz. sour cream	2 c. cheddar cheese
2 c. cottage cheese	

Bake at 350 degrees for 1 hour.

Marlene Champney

BAR-B-Q SAUCE

1 c. water	1 tbsp. Worcestershire sauce
1 c. catsup	1 tsp. celery sauce
3 tbsp. vinegar	1/4 tsp. Tabasco sauce
1 tbsp. sugar	

Combine ingredients; heat to boiling. Reduce heat and simmer 30 minutes, stirring occasionally. Put on the last 15 minutes of cooking. Covers 4 pounds of ribs.

Carol Hacker

BLUEBERRY SMOOTHIE

8 oz. blueberry yogurt 1/2 c. milk
1 c. grape juice

Mix yogurt and grape juice in blender; add milk. Pour into glasses and serve.

Betty Holmes

DOUBLE CRUST PIE CRUST

1 1/2 c. flour 1/2 c. shortening
1/2 tsp. salt 1/4 c. water (about)

Blend flour and salt and blend in shortening with a fork or pastry blender to the consistency of coarse corn meal. Add water, a little at a time, to make crust to just hold together. Pat 1/2 of dough out on floured board and roll to size.

Ivalee Dalton

SPUR - OF - THE - MOMENT PIZZA

1 can refrigerator biscuits (baked and cooled) 1/2 lb. browned hamburger
1 jar pizza quick sauce or tomato paste *Other desired toppings
1 pkg. Mozzarella cheese

Split biscuits; spread with pizza sauce or tomato paste. Add browned hamburger and other desired toppings. Top with cheese and place under broiler until cheese melts. A quick and simple snack!

Carol Hacker

CARAMEL CORN

1 tsp. salt 2 c. brown sugar
1 can peanuts 3/4 c. dark corn syrup (Karo)
1 c. margarine 1 tsp. baking soda

Make 7 quarts of popcorn. Combine sugar, butter, syrup and salt; boil 5 minutes. Remove from heat; stir in soda. Pour syrup over popcorn and peanuts in large roasting pan.

Bake in slow oven (250 degrees) for 1 hour, stirring every 15 minutes. Cool and stir. Place in tightly closed container if there's any left to store. In our house it goes too fast!

Linda Forsgren

PEANUT SPREAD FOR SANDWICHES

1 can dried beef or jar (4 oz. size) Cheese - what ever (3 or 4 slices)
1 sm. can pimentos Pickles - what ever amount you like to taste
Can peanuts (cocktail), sm. size 2 or 3 hard boiled eggs

Grind all together. Put in refrigerator and spread on bread.

Golda Stephens

CREAM CHEESE PIE CRUST

1 (3 oz.) pkg. cream cheese, softened 1 1/2 c. all-purpose flour
1/2 c. butter, softened

Combine softened cream cheese and butter with fork (mixer also works) until smooth. Add flour and mix well with fork. Finish with hands.

Shape dough into 2 balls of equal size. Put each one into separate pie pans; do not roll out or bake until pie ingredients are in crust. Makes 2 small pies in tins or 1 large deep dish pie.

Amy Newman

CHRISTMAS PEANUT BUTTER BALLS

Mix and form into walnut-size balls:

2 c. peanut butter 1 box powdered sugar, sifted
1 stick margarine 3 c. Rice Krispies

In double boiler melt 12 ounces chocolate chips and 1/3 cup shaved paraffin. Dip balls in chocolate with fork (keep chocolate hot); put on waxed paper to cool. These are good and easy to make.

Bonnie Stephens

SPINACH DIP

1 c. sour cream	1 (10 oz.) pkg. thawed frozen
1 c. Miracle Whip salad dressing	spinach
	1 pkg. Knorr dry vegetable
	soup mix

Drain spinach and mix all together. Put in a round sourdough loaf of bread.

Diane Woodward

HAPPINESS

2 heaping cups patience	Dash of laughter
1 heart full of love	1 head full of understanding
2 hands full of generosity	Faith

Mix patience, love, generosity, laughter and understanding; sprinkle with extra understanding. Add plenty of faith and mix well. Spread over a lifetime with God's help always. Serve everybody you meet. Serving size Matthew 28:19

MINCEMEAT PIE

1 lb. hamburger	1/2 tsp. nutmeg
1 c. water	1/2 tsp. allspice
3 c. chopped apples	1/2 tsp. cloves
1 c. raisins	1 tsp. cinnamon
1 orange peeled and diced	1 c. white sugar*
1/2 c. vinegar	1 c. brown sugar

Simmer hamburger in water until it loses its color. Add remaining ingredients; cook about 15 minutes. Put in 2 unbaked pie shells; add top crust and vent. Bake at 350 degrees for 45 minutes.

*If not sweet enough to suit your taste, add more sugar (any kind of fruit may be added).

Ivilee Dalton

EASY PENUCHE ICING

1/2 c. butter	1/4 c. milk
1 c. brown sugar (packed)	1 3/4 to 2 c. sifted powdered sugar

Melt butter in saucepan. Add brown sugar; boil over low heat 2 minutes, stirring constantly. Stir in milk. Bring to boil, stirring constantly. Cool to lukewarm.

Gradually add powdered sugar. Beat until thick enough to spread. If icing becomes too stiff, add small amount of hot water.

Bonnie Stephens

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Desserts

LEMON LUSH (CHOCOLATE LUSH)	47	MOCK STRAWBERRY PRESERVES	67
LEMON MERINGUE PIE	46	PEACH CONSERVE	67
LEMON SOUR CREAM POUND CAKE	44	PEACH JAM	68
LUCY'S STRAWBERRY PIE	46	PINEAPPLE - STRAWBERRY JAM	69
MAPLE - PECAN PIE	52	RED PEPPER JELLY	69
MILLION DOLLAR COBBLER	50	STRAWBERRY JAM	69
MILLION DOLLAR POUND CAKE	53	STRAWBERRY PRESERVES	70
NO BAKE BANANA PUDDING	57		
NO - CRUST APPLE PIE	54	Main Dishes	
OATMEAL CHIP COOKIES	39	BACON WRAPPED MINI MEATLOAVES	78
OATMEAL PIE	50	BAKED BEANS	86
OREO COOKIE ICE CREAM CAKE	64	BAKED CHICKEN	75
PASTEL CUPCAKES	58	BATTERED FISH	79
PEACH - JELLO DESSERT OR SALAD	39	BBQ CHICKEN AND RICE	71
PECAN PIE	44	BREAST OF CHICKEN CURRY	72
PECAN PIE	61	CABBAGE ROLLS	90
PERUVIAN POUND CAKE	55	CABBAGE SOUP	78
PINK PANTHER SALAD	49	CAULIFLOWER CASSEROLE	76
PRETZEL SALAD	55	CHAPEL HILL CHICKEN	73
PUMPKIN PIE	48	CHICKEN AND VEGETABLE CASSEROLE	81
QUICK PEACH DESSERT	60	CHICKEN CASSEROLE	74
RAISIN CREAM PIE	41	CHICKEN CASSEROLE	75
RICE PUDDING	53	CHICKEN CASSEROLE	76
ROCKY ROAD PIE	43	CHICKEN CASSEROLE SUPREME	86
SIX LAYER BARS	59	CHICKEN ITALIAN	71
SOUTHERN PECAN PIE	60	CHICKEN SPECTACULAR	77
SPICED FRUIT	38	CHICKEN STIR - FRY WITH SOY SAUCE	88
STRAWBERRY CAKE	55	CHICKEN WITH RICE	73
STRAWBERRY PIE	44	CHICKEN - DRESSING CASSEROLE	82
STRAWBERRY PIE	62	CHICKEN -N - DUMPLINS	80
STRAWBERRY STUFF	52	COLA CHICKEN	84
SWEET POTATO PIE WITH COCONUT	64	CRAB CAKES	81
VANILLA ICE CREAM	57	CREAMY BAKED CHICKEN BREASTS	80
WHITE PIE	59	EASY CHICKEN PIE	80
		EGGPLANT CASSEROLE	79
		EGGPLANT - SAUSAGE BAKE	83
	67	FRANK'S FAVORITE GOULASH	86
	70	FRANKFURTER IN A LOAF	87
	69	GLENDA'S CHILI BEANS	84
	68	HAMBURGER CASSEROLE	78
	68	HOT CHICKEN SANDWICH	77

Jams and Jellies

APPLE MARMALADE			
BEET JELLY	67	FRANK'S FAVORITE GOULASH	86
BLUEBERRY JAM	70	FRANKFURTER IN A LOAF	87
DAD'S PICKLES	69	GLENDA'S CHILI BEANS	84
GRAPE JELLY	68	HAMBURGER CASSEROLE	78
	68	HOT CHICKEN SANDWICH	77

HUNGARIAN CABBAGE ROLLS	71	EASY PENUCHE ICING	132
ITALIAN BEEF	72	FAST 'N FABULOUS FUDGE	120
JOHNNY MAZETTA	72	FRENCH DRESSING	128
KUNG PAO PORK	87	FRENCH RICE	121
LASAGNE	81	FRESH COCONUT CAKE FROSTING	119
MONTEREY CHICKEN	90	FROZEN CUCUMBER SALAD	119
ONION CORNBREAD	89	GREEN TOMATO RELISH	129
OVEN ROASTED PORK CHOPS	83	HAPPINESS	132
PERFECT POT ROAST	73	HASHBROWN POTATO BAKE	124
PIZZA ILANA	88	HONEY CRUNCH	128
PORK CHOP ONE - DISH MEAL	91	HOT PERKED PUNCH	125
QUICK CASSEROLE	89	INDIAN SUMMER SANDWICH	122
ROAST BEEF AND GRAVY	73	MACARONI AND CHEESE	129
SALMON LOAF	75	MINCEMEAT PIE	132
SALMON RICE PATTIES	85	NEVER FAIL CARAMEL ICING	122
SLOPPY JOES	74	PEANUT BUTTER FUDGE	121
SPAGHETTI CASSEROLE	85	PEANUT SPREAD FOR SANDWICHES	131
SPAGHETTI SAUCE	77	POTATO PANCAKES	123
STUFFED BURGER BUNDLES	85	SCALLOPED PINEAPPLE	122
SWEET AND SOUR MEATBALLS	76	SEVEN MINUTE FROSTING	120
SWEET POTATO - BANANA CASSEROLE	75	SPARKLING HARVEST CIDER	127
TERRIYAKI CHICKEN	74	SPINACH DIP	132
THICK 'N CRUSTY CHICKEN POT PIE	82	SPINACH SPREAD	127
TUNA FISH CASSEROLE	79	SPUR - OF - THE - MOMENT PIZZA	130
ZESTY MEATBALLS	87	STEAK PROVENCAL (SAUCE)	119
<i>Potpourri</i>			
"YUMMY" RICE	123	SWEET PICKLE	126
BAR - B Q SAUCE	129	SWEET POTATO CASSEROLE	126
BARBECUE SAUCE	128	TROPICAL TEA WARMER	123
BLUEBERRY SMOOTHIE	130	WEEPLESS MERINGUE	128
CANDY	125	ZUCCHINI RELISH	126
CARAMEL CORN	130		
CHEX PARTY MIX	125		
CHOCOLATE SYRUP BROWNIES	123	5 CUP SALAD	106
CHRISTMAS PEANUT BUTTER BALLS	131	7 - UP SALAD	95
CINNAMON STICKS	124	AMBROSIA	96
CORN RELISH	127	APPLE CHICKEN SALAD	98
CREAM CHEESE BARS	119	BEEF AND BARLEY VEGETABLE SOUP	100
CREAM CHEESE PIE CRUST	131	BLUEBERRY JELLO SALAD	100
DOUBLE CRUST PIE CRUST	130	BLUEBERRY PIE SUPREME	94

Soups and Salads

BROCCOLI AND CHEESE SOUP	103	BROCCOLI AND RICE	117
BROCCOLI DELIGHT SALAD	99	BROCCOLI CASSEROLE	108
CARROT RAISIN SALAD	105	BROCCOLI CASSEROLE	109
CHERRY JUBILEE SALAD	94	BROCCOLI PUFF	115
CHERRY VELVET SALAD	104	BROCCOLI - CAULIFLOWER CASSEROLE	108
CONGEALED CARROT SALAD	103	BROCCOLI - RAISIN SALAD	110
CRANBERRY APPLE SALAD	103	BROWN RICE WITH VEGETABLES	107
CRANBERRY SALAD	98	CANDIED YAMS	113
CRANBERRY - SOUR CREAM SALAD	101	COLE SLAW	110
FRENCH DRESSING FOR LETTUCE OR TOSSED SALAD	105	CORN PUDDING	107
GARDEN PEAS WITH BACON SALAD	98	CORN PUDDING	114
GRANNIE'S POTATO SOUP	102	CORN PUDDING	115
GRANNIES POTATO SALAD DRESSING	95	CORN PUDDING	116
GREEN SALAD	95	CRAZY BEANS	117
GROUND BEEF AND CABBAGE SOUP	101	GREEN BEAN CASSEROLE	111
HAMBURGER VEGIE SOUP	93	GREEN BEAN CASSEROLE	115
KIDNEY BEAN SALAD	105	GREEN BEAN CASSEROLE	116
LAYERED LUNCHEON SALAD	96	GREEN PEAS CANTONESE	112
LIME JELLO SALAD	97	HERBED SQUASH DELIGHT	107
MAMA'S POTATO SALAD	96	HONEY GLAZED CARROTS	113
MANDARIN SALAD	95	HOT DEVILED POTATOES	112
ORANGE FRUIT SALAD	101	POTATO CASSEROLE	110
ORANGE FRUIT SALAD	99	SCALLOPED POTATOES	116
ORANGE JELLO SALAD	97	SCALLOPED TOMATOES	118
ORANGE PINEAPPLE SALAD	102	SCOBIES CORN	113
ORIENTAL SALAD	94	SMOTHERED CABBAGE	109
PICNIC OR CROWD SIZE POTATO SALAD	93	SQUASH CASSEROLE	114
PINEAPPLE GRAHAM CRACKER SALAD	103	STRINGBEAN CASSEROLE	112
PINEAPPLE SLAW	105	SWEET POTATO CASSEROLE	111
PRETZEL SALAD	104	SWEET POTATO CASSEROLE	115
SCRUMPTIOUS FROZEN STRAWBERRY SALAD	97	THREE BEAN CASSEROLE	114
SEVEN LAYER SALAD	100	TOMATOED POTATOES	118
SHRIMP SALAD	97	VEG - ALL CASSEROLE	108
STRAWBERRY JELLO SALAD	93	VEGETABLE SIDE DISH	112
TASTY GREEN SALAD	99	ZESTY BUTTER BEAN BAKE	118
TOMATO MACARONI SALAD	102	ZUCCHINI CASSEROLE	109

Vegetables

BAKED BEANS	111
BAKED BEANS	117